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Thursday, January 29, 2015

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Services for victims of Holocaust

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Schools celebrate top marks

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MP's anger over car park **fines**

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Pupils find a sweet way to raise money

YOUNG entrepreneurs in Harlow have been raising money for charity.

Pupils at Churchgate Primary School, in Hobbs Cross Roa have been given £1 each which they can choose to invest separately or together with the

aim of making the money grow. The initiative, called Quids4Kids, was launched earlier this month by the team behind local charity Kisses4Kids So far the youngsters have held a cake sale to boost funds.

Sara Evans, of Kisses4Kids, said: "We've been supported by the headteacher Jonathan Tve and his deputy, Sarah Huke, who have agreed to trial the scheme school-wide."
Kisses4Kids helps children

suffering with long-term illness by supporting their families and sending them on trips.

SHOPPERS UPSET AS &S TO SHUT STORE

Harlow will lose its 'cornerstone' after retailer's last day on Saturday

William Mata

william.mata@hertsessexnews.co.uk

HARLOW'S town centre will lose one of its major retailers this weekend when Marks & Spencer pulls down the shutters for the last time on Saturday.

The store in Broad Walk has occupied a

prominent position in the heart of the town centre for more than 40 years but is being axed because, according to company bosses it is no longer viable.

After months of speculation, its fate was sealed when M&S was refused permission by Harlow Council to open a Simply Food outlet in a vacant unit at the Queensgate Centre off Edinburgh Way.

Jobs

Staff at the Harlow store have been offered alternative jobs in nearby M&S branches in Epping, Bishop's Stortford and Stansted.

This week a Marks & Spencer spokesman told the **Star**: "The decision to close the store is not one we have taken lightly and it was only made after much consideration.

"We hope that customers will continue to

The decision to close the store has upset shoppers. Harlow resident Bridget Hayden, 58, said: "M&S is the high point of the town, it's Harlow's compensator."

it's Harlow's cornerstone."

Town MP Robert Halfon said he was disappointed and accused councillors of making the wrong decision by rejecting the planning application.

"I did everything I could in meetings with Marks & Spencer and in talking to the council to persuade them to allow planning per mission to open up in Edinburgh Way," he

Your reactions page 9



PROMINENT: Marks & Spencer has had a

Robert Halfon MP

Working hard for Harlow

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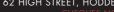


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Tricks of the trade: magic show on its way to town



■ Full story page 24

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Woman arrested after rash which killed Harlow biker Jon Aitken has bailed extended

A414 closed between Second Avenue and Church Langley Way after

No room to pass: Lorry and van collide in Gilston Poll: What would you like to see replace Marks & Spencer?

Harlow represented poorly in ITV documentary



Hip Hop Pop along to The Playhouse next month for dańce group open audition

Can you offer Essex Police puppy suffering from a hip problem a new home?

One Foot In The Grave star less than **impressed** by the state of town's architecture

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County Hall pays out £156,000 for pothole damages

Council had second highest number of claims in UK

Gemma Gardner

ESSEX County Council paid out compensation totalling more than £156,000 to motorists whose vehicles were damaged by potholes during 2013/14.

According to the RAC, 2,548 claims were made against the council – the second highest in the country. Most were rejected, with only 98 (3.8 per cent) claimants successfully receiving pay-

Professor Stephen Glaister, director of the RAC Foundation which made Freedom of Information requests to 153 local authorities across the country, said: "These figures are likely to be the tip of the iceberg.

Fundamental

"Many drivers will be put off by the time involved in claiming against a council, and many councils do their best to deter claimants coming for-ward. But the fundamental problem lies not at the doors of our town halls but with central government.

The highest amount of claims made in the UK was in Surrey, with 3,912

during the same period.

Essex County Council said it had repaired nearly 7,000 potholes and

defects in the past three months.

County councillor Eddie Johnson, who represents the Harlow South East division at County Hall and serves as cabinet member for maintenance

and small schemes, said: "It is good to be making headway into repairing the county's roads.

"At this time of year wintry weather conditions take their toll, but we are constantly monitoring conditions, as well as taking into account reports from the public via our online reporting tool.'

In December the Government announced that it would be giving a record £128m to repair potholes and improve local roads in Essex over the

next six years.

It is the first time councils have been given locked-in funding over this length of time, which will help them plan ahead and save money for the tax-

In Essex, the county council will receive £24,575,000 next year which will reduce to £19,774,000 in the financial

Secretary Patrick Transport McLoughlin said: "Roads play a significant part in everyday life.

"Poorly maintained local roads, blighted by potholes, are a menace to all road users, particularly during the festive period as people travel to see family and friends. It is vital we have good quality roads."

Meet Star reporter William Mata at The Hub in the Management Suite on the first floor of the Harvey Centre today (Thursday) from 9.30am-12.30pm or tomorrow from 2-4pm HarlowStar harlowstar.co.uk print online mobile

Police seek a new home for pup with hip problem



A POLICE numpy lined up for a career in the force is looking for a new home after a disability ruled it out of active service.

Seven-month-old German Shepherd, Turbo is unable to work as an operational police dog because of a problem with a hip joint.

a nip joint.
He can now look forward to life as a family pet.
Dog trainer PC Terry
Collinson said: "We are very sad to be losing Turbo but have been advised by a vet that he is unable to work as a general purpose police dog because his right hip socket

hasn't formed properly.

"We have spoken to the vet at great length and there is no reason that Turbo can't lead a full and happy life as a pet with regular but sensible exercise.

Turbo was one of a litter of four pups born at the dog unit in June last year. He is currently receiving hydrotherapy treatment to help strengthen the muscle around his hip but is not expected to require long-term

PC Collinson added: "Turbo is a lovely dog and staff at the unit have become very fond of him. He's happy around people and good with other dogs. Everyone at the kennels will miss him and but we are keen to find him a loving home so he can lead the best life possible."

Anyone who would like to offer Turbo a home should contact PC Collinson on (01245) 223616 or 07976 065962.



Cyclist suffers spinal injuries in hit-and-run

spinal injury in a hit-and-run accident managed to walk to

5.50am on Monday, January 12

when he was struck by a black vehicle. He was knocked over but the driver of the vehicle failed to

stop.
The cyclist managed to get to

vertebrae .but was then referred to Queens Hospital in London

due the severity of his injuries It was only 10 days later that he was able to report the

incident to police, who are now

appealing for witnesses.
Investigating officer PC Ivor

Stephenson said: "The only description we have of the

vehicle is that it is black. We

travelling in. "The exact location of the

collision is not known but it

Road

have no description of the driver

or the direction the vehicle was

happened somewhere between Abercrombie Way and Tillwicks

Anyone with information

about what happened is asked to call PC Stephenson at Harlow on the non-emergency 101 number.

Gasworks hold

Tower roundabout on the A414 at Harlow are running three

months behind schedule and are not now expected to be

completed until the early spring. The hold-up, slammed as "unacceptable" by Essex County

Council's cabinet member for highways maintenance and

small schemes Eddie Johnson,

has been blamed on gasworks being carried out by National

Grid. "National Grid has failed to

deliver on the service they promised to deliver which is

disappointing," said Cllr Johnson. "Despite writing to National

Grid and securing support from Essex MPs requesting further co-

e are still experiencing several

operation from National Grid.

up roadworks

ROADWORKS at the Clock

Princess Alexandra Hospital where he received treatment for a bruised spinal cord and

hospital for treatment The man, who is in his 20s, was pushing his bicycle across Southern Way between 5.30HSH-E01-S2

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Town remembers **Holocaust victims**

Events take place to mark world memorial day





SOLEMN: Left, the ceremony at Netteswellbury Farm Garden, Right, Robert Halfon with students Anna Winter and Wai

William Mata and Gemma Gardner

star@hertsessexnews.co.uk

THE horrors of the Holocaust were remembered on Tuesday to mark the 70th anniversary of the liberation of Auschwitz concentration camp

Services were held across the town on Holocaust Memorial Day to remember victims of the Nazi atrocities and those who survived.

Harlow MP Robert Halfon joined students and religious leaders for a service at Harlow College during which a new memorial decorated by the artwork of third year college students Anna Winter and Wai Yen, both 18, was offi-cially unveiled.

Rabbi Iri Shillor the leader of Harlow's Jewish community, gave a short reading before Mr Halfon, who was born into a Jewish family, spoke about

the importance of forgiveness

"Today shows the best of our town and that we care deeply about our own people," Mr Halfon said

The college offers students the opportunity to visit Auschwitz concentration camp where more than one million men, women and children lost their

Educating

A college spokesman said: "The college is really supportive of educating young people about these issues and about how they con make a real and about how they can make a real dif-

Earlier in the day a cherry tree was planted in the Netteswellbury Farm Garden by Labour parliamentary can-didate Suzy Stride and Harlow councillor Mark Wilkinson.

"Holocaust Memorial Day is a day

when people come together across the

when people come together across the country to learn the lessons of the past," said Ms Stride.

"Today people across Harlow pause to remember the millions who were murdered or had their lives scarred by genocide, whether it be the Holocaust, Cambodia, Rwanda, Bosnia and Darfur.

"Honouring the memory of those who did not be begin the total them."

who died and hearing the testimony of survivors re-affirms the resolve of the many against intolerance and discrimination, wherever it is." On Sunday a service of remembrance

was held at Harlow Synagogue during which those present heard an account from someone who witnessed the round up of Jews in Vienna.

Among those present was Harlow TUC secretary David Forman, who said afterwards: "Everyone needs to remember the lessons of history or we are sure to repeat past atrocities."

Arriva heralds its return with additions to fleet

BUS company Arriva is reviving its name in Harlow with the introduction of a fleet of six modern vehicles on routes between the town centre and

Previously run under the Network Harlow brand, Arriva's services in the town are earmarked for an ongoing series of improvements These will start with the

replacement of older vehicles on Services 2 and 3 which run every six minutes during the main part of the day from Monday to Friday.

A new app will also enable

passengers to use smart phones and tablets to track buses on a live map

which displays them moving along their routes in real time to show if they are on time.

It also provides a link to a mobile ticket facility allowing customers to buy day, weekly and monthly tickets via their phone. The ticket can be displayed on the phone each time they

board the bus.

Arriva regional publicity manager Richard Lewis said: "The reintroduction of the Arriva brand to Harlow is good news for our customers who can now benefit from the facilities that we have developed to make travelling easier through the use of the latest technology.

"It will take a while for the Arriva brand to be applied across the whole fleet but we have allocated six twoyear-old buses to upgrade the Staple Tye services and we will roll out the Arriva livery to the rest of the Harlow fleet as time progresses

One of the buses will be in Market Square between 10am and 2pm on Saturday, with company representatives on hand to demonstrate how the app works There will also be a chance to win an iPad Mini.

The Arriva Bus App can be downloaded free of charge from the App Store and Google Play.







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Bad news for silent majority

SIR Following last week's front page news regarding the proposed switch-on of overnight lighting. I have spoken to a number of my friends.

We are happy with the existing situation when the lights go off at midnight but object to paying extra council tax for them to be switched on again. Thanks to the noisy minority this looks as if it will happen.
The silent majority of us are

in bed and asleep by midnight so do not have a need for the lights to be on. In addition, we feel this is our bit for the environment by reducing our carbon footprint.

Hopefully a number of my friends will be lobbying their respective councillors on this

> **Raymond Curtis** Rosemount, Harlov

SIR I would like to say that I am in favour of street lights going off between midnight and 5am.

I would also like to add that I have never been asked about this or signed a petition or had a doorstep consultation or taken part in a survey, so the decision is not democratic in my opinion.

If someone is going to make decision on my behalf I would like to be asked first.

Debbie Ramdass address supplied

SIR Further to last week's story about raising council tax to pay for street lighting to be resumed, why does the council not consider LED lighting?

It offers many benefits over sodium lights and running costs are negligible. Also, it would be entitled to claim ECA against tax, thus making it cost neutral to replace the fittings

I know this sounds too efficient, and that like any council, efficiency is a forgotten commodity, but Harlow Council could look at being pro-active and serving the needs of their residents rather than non tax paying freeloaders

Martin Brown address supplied

Farewell M&S. we'll miss you

SIR In the early 1960s I was part

READER PHOTO OF THE WEEK



■ This week's photo was sent in Alan Wheeldon, of Fennells. Harlow, who writes: "I recently went for an afternoon walk at Parndon Wood Nature Reserve when I came across a herd of deer. These majestic creatures made a beautiful sight. They stood still for a minute or two as two people passed by on horses and then scampered through a hedge into a neighbouring field."

■ If you have a photo which you would like to be featured in our Photo of the Week section, email a high resolution copy – along with a description of your photo and details of where and when it was taken – to star@hertsessexnews.co.uk. Please remember to include your name and address and insert Photos of the Week in include your name and address and insert 'Photo of the Week' in the subject line.

of a campaign of letter-writing and petitions asking Marks & Spencer to open a store in Harlow. We were successful in

Now, 46 years later, it is deserting its hundreds – or thousands – of local customers. Since 1969 no improvements

have been made to the store. Other branches at Bishop's Stortford, Welwyn Garden City and Cheshunt all have cafes, customer toilets, baby change facilities (no such facility in 'Pram Town') and better food areas. We even lost the popular first floor trading area.

M&S could have taken up one of the town centre sites recently offered for a food-only store but in stead it has turned its back on Harlow. Now some of us will turn our backs on M&S.

So, thanks to all the staff who served us over the years – we shall miss you and our store.

Ron Bill Upper Park, Harlow

School shuts for elections

SIR As a parent of three children attending Tany's Dell School, I found out today that the school is February 12 for polling in a local by-election.

To say that I am fuming about

this is an understatement especially as I found out about it

from my polling card before I had been notified by the school

That will be two days the school is closed for polling this year – two days of missed education for our children and, for those of us who work two days of either having to take a holiday or pay for child care.

My children attend a childminder after school on a Thursday which would normally cost me £20, but for a full day it is £50

The school has been closed for polling for a day every year since it merged with the integrated support services unit which used to be used for polling. This is unacceptable.

There is a church hall across the road from the school which would be just as appropriate.

Alternatively, the school should have to use these days as planned inset days instead of, in this instance closing the following day (February 13) as

> Clare Burkett address supplied

MP listens to constituents

SIR I am not a Conservative but I must support our MP Robert Halfon, who has proved his worth as being the one who has acted extremely well on behalf of Harlow residents in so many ways because he listens.

No MP will please everyone and most of us find it hard to trust politicians, especially those of higher rank. We remember they fail to keep promises when they hope we will just forget and move on. But that is not so.

I noted last year that the Essex Police and Crime Commissioner increased the police's proportion of the council tax by two per cent and now the Star informs us that he proposes a similar increase this coming year. So, quite rightly, our MP is asking him to justify his proposal.

Mr Halfon also finds the Chief Constable of Essex Police's approach to our problem with illegal Traveller encampments inconsistent.

He must know more than the general public regarding the legal side and he is one we can trust to continue fighting this ridiculous long-term problem that governments have so far failed to face up to.

Name and address supplied

SIR I have just got round to reading my copy of the winter edition of the Conservative produced Harlow Sun. In the four pages that compose

this newsletter our MP is referred to no less than 40 times.

The intention, I presume, is that readers should be in absolutely no doubt about out of where the Sun shines.

David Ives Bishopsfield, Harlow

Play deserves a full house

SIR May I congratulate Harlow Playhouse on staging the play Grounded this week and hope it will be a full house. It is a pity it is only for one night and in the Studio with limited capacity but as many as possible should see it.

It is a far cry from the usual Playhouse fare and certainly not recommended for a jolly night out. But it throws light on an aspect of the ever-increasing automation of war, which is not often considered, namely the psychological effects on the operators of drones – remotecontrolled killing machines.

Although the preview focuses on the fact that pilot is female and her pregnancy is a crucial factor, the wider issue of the isolation of the operator from the effects of their life-or-death decision is applicable to both

Of course, the effects both physical and psychological at the other end of the operation are not considered here – that is, possibly, for another play – but more importantly for serious debate about the whole policy towards these devices and the continuing inability of the human race to settle its differences without periodically slaughtering one another.

Frank Jackson

Kingsmoor Road, Harlow

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In **brief**

Fatal crash suspect has bail extended

A WOMAN arrested on suspicion of causing death by dangerous driving after a fatal crash in which Harlow man Jon Aicken died had her bail

extended this week. The 25-year-old from Hatfield was arrested on suspicion of causing death by dangerous driving in connection with the

accident on Christmas Eve.
The woman, who has not been
named, was bailed until April 22.
Mr Aicken, 24, from Harlow,

died in the collision on Tylers Road, Roydon. Known to his friends as Panda, his funeral will take place at Parndon Wodd Crematorium tomorrow

Volunteers sought

VOLUNTEERS willing to give up some of their spare time during the school summer holidays are being sought to help with this year's summer reading challenge at libraries throughout Essex

The volunteers, who must be over 14, will assist library staff signing up children and talk to them about their books as well as encouraging them to complete the challenge

Volunteers should be able to commit to a minimum of 15 hours during the period running from July 11 to September 5. Application forms are available from all libraries or from www.essex.gov.uk/libraries. The closing date for applications is Friday, June 5.

Reinstate lorry ban

CALLS have been made for a ban on lorries overtaking on a stretch of the M11 north of

Harlow to be reinstated. Cllr Rodney Bass, Essex County Council's cabinet member for highways and transportation, also said lorries should be held to the nearside two lanes of the four-lane carriageways on the Essex stretch of the M25.

"We are disappointed and frustrated that people are being held up and the Essex economy is being damaged by incidents involving lorries and sheer bad driving for which there is no justification," he said.

"The overtaking ban on the

M11 between junctions 8 and 9 should be immediately reinstated.

Refurb of lock gates

WORK has started on a major overhaul of the lock gates on the River Stort near Spellbrook. The Canal and River Trust is

spending more than £100,000 on removing and refurbishing the the four oak gates at

Tednambury Lock.
During the five-week project
they will be taken to a firm of experts in the west Midlands for restoration before being

returned and re-installed.
Graham Smith, Canal & River
Trust supervisor, said: "The lock
gates have been in situ for over 20 years and need to be refurbished to prolong their life."

Front door damaged

THE door and frame of a house in Harlow were damaged during an attempted burglary.

Intruders tried to break into the property in Altham Grove between January 7-16. They were unsuccessful but in the process they damaged the door and door

Anyone with any information should contact DC Jo Lanz at Harlow CID on 101.

Dance kids perform at film premiere



YOUNGSTERS from a per-forming arts school in Har-low got the chance to strut their stuff when they were invited to dance at a UK film remiere in London.
The children from the

Kevin Adams Academy, based at Passmores Academy in Tracyes Road, entertained the audience at the first UK screening of the Dreamworks animation *Penguins of Madagascar* in Leicester Square.

Mr Adams, who gained celebrity status as a choreographer to the stars after appearing on the BBC series Fame Academy, said: "It's always a pleasure to be involved in premiere's but the icing on the cake is having all

Long-serving ex-councillor 'did so much for the town'

William Mata

william.mata@hertsessexnews.co.uk

TRIBUTES have been paid to a former Labour councillor and community campaigner who has died at the age of 86.

Pauline Bruce, who worked as a teacher after moving to Harlow with her husband, Ron, in the 1960s, received a civic award in 2000 in recognition of her 25 years of service on the council. This week Mr Bruce, 76, of Pri-

ory Court, Harlow, described his wife of 54 years as a popular figure

wife of 54 years as a popular figure who leaves behind a "legacy will be remembered".

The couple first met in the Middle East when Ron was serving with the Army and Pauline was teaching with the RAF. They moved to Harlow after they was promised settling in Marke. were married, settling in Monks-

bury.
"She was involved with so Women's Aid many things such as Women's Aid and she was an original member of Harlow Well Woman Centre," he said. "She also led a campaign to start a new sports centre and for Harlow Town FC to have a new stadium.

stadium.
"She was a teacher at Holy
Cross Primary School until her
retirement in the mid-80s. She
was a great teacher and many
people have fond memories of

"A lot of people would come up to us in the street and say 'Hello, Mrs Bruce'. Although she didn't always remember them, they remembered her."

However, Mr Bruce said it was for her service as a councillor which she will be best remem-

Her interest in the Labour Party began when the town's MP, Stan Newens, called at their home while canvassing for the 1972 general election. Soon after she began her own campaigning, drumming up support for the party which led to her being asked to stand as a



LEGACY: Pauline Bruce

councillor.

Although her school commitments prevented her from doing so at the time, she was elected in 1975 and went on to complete 25 ears of service.

Mr Newens said: "Pauline was

an extremely dedicated woman working for the people of Harlow. I was assisted by her in providing housing for the second generation in Church Langley

"Both Pauline and her husband made considerable contributions to Harlow Labour Party and the town's people.

Mr Bruce added: "She has done a lot of good in the town but didn't want a fuss to be made," said Mr Bruce. "A lot of people in the town have benefited from what she has

The couple have two daughters two grandsons and two great grandaughters.

grandaugnters.

Mrs Bruce, who suffered from
dementia, died in Princess Alexandra Hospital on January 13.
Her funeral will be held at
Parndon Wood Crematorium at
2 20mm on Mondory. 2.30pm on Monday





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SECRET BALLOT: Which party will triumph in the Harlow seat when the votes are cast in May?

GENERAL ELECTION COUNTDOWN: There

Profiling our local candidates with the national poll approaching fast

gemma.gardner@hertsessexnews.co.uk

TUESDAY marked the start of the countdown on the final 100 days to the general election, which is shaping up to be unlike any other in recent history

Experts are uncertain not only about which party is likely to come out with most seats on May 7, but even about whether a viable coalition will be there to be formed.

The failure of either of the two

big parties to establish any kind of a lead, the collapse of the Liberal Democrats vote share and the surge in support for Ukip, the Scottish National Party and the Greens have combined to make the 2015 poll less of a two-horse race to the winning line and more like a kind of random government

The Harlow seat has been indicator for overall election result since 1983. Conservative Robert

Halfon won in 2010 with a swing of diesel costs. 5.9% from Labour, after unsuccessfully contesting the seat in both the 2001 and 2005 elections. In 2005 Harlow was one of the most marginal seats in the country, and was the last to declare.

OVER the past four years Robert Halfon has run a number of high-profile campaigns, including his petrol promise movement, which called on the Government to lower fuel duty and cut petrol and

So far, he has successfully con-vinced George Osborne to scrap or delay every planned fuel duty increase since this Government came to power and the Chancellor thanked him in the last budget.

Mr Halfon has also worked to increase and improve apprentice ship opportunities in the UK (he employed the first ever Parlia-mentary apprentice).

He said: "I will carry on work-ing hard for Harlow; championing

jobs and apprentices, campaigning for lower fuel bills, fighting for a strong NHS and supporting housing for Harlow people.
"It is good that jobs have come

back to Harlow with unemployment halved, youth unemployment down by 56%, and double the number of apprenticeship starts. Moreover, petrol bills have reduced for hard working resid-ents – with fuel duty frozen, fuel is 20p cheaper in tax terms than

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AMOU! OF CRE			NAL FINAL ENT (GMFV)		L AMOUNT AYABLE	RI	APR EPRESENTATIVE
£886	65	£	4916	£10	482.75		2.9%



	-		
DEPOSIT	35 MONTHLY PAYMENTS	MINIMUM PART EXCHANGE ALLOWANCE	CASH PRICE
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harlowstar.co.uk HSH-EO1-S2 Star, Thursday, January 29, 2015

are just 98 days left until the nation chooses the next Government





SUZY Stride works in education and lives in Harlow, where she has been Labour's parliamentary can-

didate since 2011.

She was brought up in one of the most deprived areas of the country, Tower Hamlets.

Growing up in a family of four, her mother stacked shelves in Asda while her father worked in housing. Educated in the local state comprehensive, Suzy secured a place at Cambridge University, the only person in her vear group to do so.

She now works as a youth and community worker.
In Harlow Suzy has been

responsible for a number of campaigns including campaigning against the turning off of street-lights, cuts to youth services and better access to GP's surgeries.

She has run a series of events aimed at increasing residents

engagement in politics.

A keen footballer and sports fanatic, Suzy has championed greater female participation in sport particularly football.

She is a supporter of Tottenham

Hotspur FC.
She said: "This election won't just be one of the closest in a generation, it will be one of the most important. The future of our NHS, better jobs, firm but fair immigration policies and how to make the economy work for working people will be at the forefront of this election campaign.

"I'm looking forward to the

campaign and looking forward to

showing people that think politicians are all the same – that it is time for change, it is time to stand up for our NHS, new jobs and housing and to see a country that does not just defend the privileged few at the top but stands up for



evervone

SAM Stopplecamp, 42, moved to Harlow around six years ago and if elected says his big issues would be protecting green belt land, control on immigration, the NHS.

NHS

and wasteful spending.

The father-of-four is the general manager of Harlow Community Transport and started his career as a HGV driver.

"I am now in transport man-

agement, my career has always been around driving," he said. "I am not a career politician, and I know what it feels like to work as a working class person, I am not working class any more but I used to be

"[Politics] takes someone that has the experience of asking themselves 'Am I going to make it this month?"

He added: "I have walked along the streets and talked to Harlow residents. People do not like how the country is being run, they want something different and the only thing offering that is UKIP.

We are not a racist party. We do not want to stop immigration entirely, we want it controlled. But to the people that say we are, I say carry on – sticks and stones – I know I can look in the mirror and say I am a fair person.



Green

MURRAY Sackwild is general secretary of Harlow and Epping Forest NUT, deputy general secretary of Essex NUT and until very recently, was a Harlow sec-

ondary school teacher - a position he had for 13 years. Mr Sackwild said he was stand-

ing to give Harlow residents genuine choice".

"The Tories, Labour, Lib-Dems and, even Ukip are peddling the same free-market brand, with the short-sighted idea that profit can and should be made out of anything and everything," Mr Sack-wild said.

"As a former teacher I know we have some great schools in Harlow but I am concerned that the town's education system has become fragmented and lacks

local, public accountability.
"I want to see the likes of schools, hospitals and railways publicly-owned, publicly accountable and sustainably operated for

the people and planet.

"For the sake of the future we need to protect our green spaces and we need to encourage greater use of public transport with fair pricing. I'm not standing to maximise the profit of a private few, but for the common good.'

Result in 2010

Votes cast in Harlow in the 2010 general election

■ Robert Halfon Conservative ■ Bill Rammell Labour 14.766

■ David White Liberal Democrat 5,990

■ Eddy Butler British National Party 1,739

John Croft UK
Independence Party 1,591
Oluyemi Adeeko Christian Party 101

■ 5.9 per cent swing from



FORCED TO STAND DOWN:

By-election candidates announced

THE five candidates who will battle it out in next month's Mark Hall by-election in Harlow have been announced.

The by-election was called when Ukip councillor Jerry Crawford was forced to stand down due to ill health. Standing are:

- Mark Gough (Ukip)
- Danny Purton (Labour)
 Lesley Rideout (Lib Dem)
- Murray Sackwild (Green) ■ Jane Steer (Conservative)
- Mr Crawford, who was elected to Harlow Council in May last year, stood down in December. The by-election will be held on Thursday, February 12

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West Essex Clinical Commissioning Group

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The end of an era as M&S prepares to shut up shop

Final day of trading after more than 40 years in Harlow town centre

William Mata

william.mata@hertsessexnews.co.uk

UPMARKET department store John Lewis is the people's favourite to replace Marks & Spencer in Harlow town centre.

An online poll of **Star** readers put the retailer at the top of the table as the ideal choice replacement for the M&S store in Broad Walk, which close its doors for the last time on Saturday.

Receiving almost one-third of the votes cast, it finished ahead of Debenhams, an indeed market and Hause of Fraces.

indoor market and House of Fraser.

A Waterstones bookshop and a Morrisons were other suggestions, while a rumour that fashion chain Forever 21 was eyeing up the site has been quashed by the company, which said this week it did not have "a confirmed store opening planned in Harlow" at present.

in Harlow" at present.
The M&S store has been a fixture of the town for more than four decades after opening in 1969.

But last year company bosses said it was no longer viable and submitted an application to open a Simply Food outlet at the Queensgate Centre off Edinburgh Way.

Way.

However, its hopes that the proposal would be looked on favourably were dashed by Harlow councillors who, determined to keep an M&S presence in the town centre by suggesting alternative

sites including the nearby Little Walk

arcade, threw out the application.
A report to the council's development
management committee warned a food
store on an out-of-town retail park would
take trade away from the town centre,
adding: "It is considered that there are

Poll result

- John Lewis: 126 votes (33.51%)
 Debenhams: 105 votes (27.93%)
- Indoor market: 67 votes (17.82%)
 House of Fraser: 21 votes (5.59%)
- Other suggestions: 57 votes (15%) These included Waterstones, Morrisons, an indoor ice rink, SEGA arcade, Costco, a Nike store and Forever 21.

available, suitable and viable sequentially preferable alternative locations for development in Harlow town centre."

Harlow MP Robert Halfon, who met with representatives of the company and the company, branded the decision as short-sighted and accused councillors of "flushing the livelihoods of the workforce down the toilet".

This week he said: "My sympathy goes out to all the workers and I wish them all

the best for the future. I thank them for helping make M&S such a special place to shop.

"It's an incredibly sad day for Harlow that one of the most famous stores in Britain is leaving us" he said.

Labour parliamentary hopeful Suzy Stride said: "It's obviously very sad and disappointing to see Marks and Spencer leave Harlow having been in the town since the 1960s.

"However, I know there is much work ongoing to make sure that a suitable tenant is found for the site.

"It's important that the store is filled for town centre and that this move, rather than being the an end of an era marks the beginning of a new chapter for the town centre."

centre."
Ian Hudson, chairman of Harlow and District Chamber of Commerce, said said: "It's sad to see M&S go after so many years. Let's hope we can attract some new retail outlets. Lower business rates would helb."

Staff who worked at the shop were offered alternative jobs at M&S stores in Epping, Bishop's Stortford and Stansted.

Epping, Bishop's Stortford and Stansted.
Meanwhile, shoppers have been voicing their views on the closure. Barbara Aylett said she was very sad to see M&S leave the town but would welcome a Debenhams store as a replacement.

"I'm disappointed; the shop was always



FLASHBACK: Star, June 12, 2014

very good," she said. "I'll have to go to Bishop's Stortford now.

"I do not want a jewellers or a pound shop to replace it."

Charlotte Cooper said: "There's nowhere else like it; I'm not happy to see it close," while Annie Hopping added: "Harlow town is going to be dead. This is terrible news"

Your views on facebook

We asked our readers what they would like to see fill the space left vacant by M&S. Here are some of the responses:

Deborah Hill: "I think a Morrisons or Home Bargains, two brilliant shops that suit the majority of people in Harlow."

Mark Howlett: "What's wrong with having a quality shop in town? We've got enough cheapend stores in the High Street, it would be nice to have something which might attract other decent chains to our beleaguered centre."

Alex Plumb: "Indoor market best option. No way would a Debenhams or a store of that nature opt to go in that building. The foundations are crumbling hence part of the reason why M&S no longer want it."

Charmaine Westall Dunham: "Anything but Poundlands and 99p stores. We have too many! Thinking indoor market too."

Charlotte Whelton: "I would like a Superdry"

Shannon Brace: "How about an indoor ice rink?"

Linda Bryant-Armstrong: "I would like a farm-food shop."

Hannah Warner: "I would like to keep M&S. It's a shame because the older generation love it."

■ Like us on Facebook/HarlowStar



@BritishBC: "Waterstones or an Apple store. Failing that I'd like to see the return of Woolworths! We all loved that store!"

@mrneale: "Harlow losing a store like that! Ridiculous! Not the sign of a booming shopping centre. Last one out turn off the lights!"

@jbrad50Jan: "They shouldn't be closing. Our town centre's not going to be the same."

@danowen: "Should never have been leaving @ HarlowCouncil#stitchup"

@kev_g1: "I'd be gobsmacked if John Lewis came to Harlow. Seriously ain't the type of shoppers in the town for them

@justin_adams1: "How about keep Marks & Spencer! Utter joke that the council have pushed them out of the town."

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Star, Thursday, January 29, 2015



Primary schools commended for their excellence

SAT scores and pupil progress praised

William Mata

william.mata@hertsessexnews.co.uk

CELEBRATIONS are in order for two Harlow primary schools who have achieved top academic accol-

Tany's Dell and Holy Cross Catholic primary schools have both been honoured for their achievement in letters from schools minister David Laws.

Tany's Dell Primary in Mowbray Road, won £1,000 by gaining distinction in the 2015 Pupil Premium Awards for its outstanding progress with disadvantaged pupils since 2011.

Tribute

Headteacher Bernadette Miele, 52, paid tribute the school's ability to bring children from disadvantaged backgrounds into line with their peers.

with their peers.
She said: "Children from poorer backgrounds traditionally do not perform as well as those from affluent families, and the Government has given us money to see if we can change that.

"Our intervention programme has been key to help these children reach a higher level. Each child is given extra support and assistance and presented with a comprehensive homework pack."

"They have made fantastic progress all term," said Mrs Miele, who has been head teacher for six years, and seen the primary



TOP MARKS: Holy Cross Catholic Primary School's Key Stage 2 SAT results put it in the top ten schools in Essex

improve to from a 'satisfactory' to

a 'good' Ofsted rating.
Meanwhile Holy Cross Catholic
Primary in Traceys Road, has
been honoured for its excellent
Key Stage 2 SAT results.

It was named as one of the top ten schools in Essex and in the top 100 in the country.

A letter sent by Lib Dem MP Mr Laws praised the school's progress in helping an improved number of Year 6 students achieve the benchmark Level Four grade in the end-of-year tests in reading, writing and mathematics.

"The success has not happened overnight, it's been something we've worked towards every year" said Holy Cross head Sue McGuiggan. She added: "It's essential that everyone has worked together, teachers, children and parents, we have a very strong team. If a child ever needs support we get in there quick."

Life is sweet now we have lollipop man

PUPILS at a Harlow primary have a safer journey to school with the appointment of a new road crossing patrol officer. Lollipop man Keith Baron

Lollipop man Keith Baron started work last week, making sure children arriving at Pear Tree Mead School cross the busy Pear Tree Road in safety. After 18 months without a

After 18 months without a patrol officer, head Christine Peden said she was "really pleased" that children could now cross without the risk of being involved in an accident.

"Parents were having to cross the road with their children and so it is much better to have



SAFE PASSAGE: From left, Joanne Sealey, Ben Sealey, 4, Cllr lan Beckett, Headt Christine Peden, and patrol officer Keith Baron

someone to do the patrol," she said. "It allows some of the older students to come to school by themselves." Harlow Council chairman Ian

Harlow Council chairman Ian Beckett, who welcomed Mr Baron when he started his new job last Monday, praised the school for persuading Essex County Council to reinstate the crossing patrol.

■ County hall is currently advertising several vacancies for crossing patrol officers. For more information visit: www.workingforessex.com

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A shining example of sola

IN the next few weeks an attempt will be made to fly an aircraft powered by the rays of the sun around the world for the first time

It is estimated that it will take the two pilots a total of 25 days to complete the 22,000-mile journey, although they will not be flying non-stop. Along the way they will make 12 stops and as a result the flight will take five months.

The plane they will be flying is called Solar Impulse 2. Back in 2010 Solar

Impulse 1 was flown across America, using the sun to recharge its batteries which enable it to flight through the night.

Solar Impulse 2 has a huge wingspan of 72 metres – that's the same as a Boeing 747 jumbo jet – which allow it to glide on currents of air without having to use to much power. But despite its size it only

weighs the same as a standard family car. The plane has 17,000 solar panels built into its wings and these will be used to power the four electric motors as well as recharging the batteries.

It will set off on its epic journey from Abu Dhabi in the Middle east and along the way will stop in India, China, the USA, and southern Europe before returning to the starting point.

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SATURDAY Harry (member 20122), of

onan (member 625), of Wedhey, Harlow, and

Callum (member 1001), of

Tilbury Mead, Harlow, are

all 10. Fave (member 20137), of Tickenhall Drive Harlow, is 8.

MONDAY

Tegan-Rose (member 1025), of Mallows Green, Harlow, Oliver (member 786), of Bentley Drive, Harlow, and Nathan (member 822), of Mark Hall Moors, Harlow, are all 11.

SECRET MESSAGE: Jrog vf o fcopuzob'f soiaehvgu qhvbx? Thoiv-guo

New director is 'honoured' to be at the helm of YCT

HARLOW-based charity YCT, a which provides children and young people with free confidential support and counselling, has appointed Lindsay Fox as its new director. Lindsay said: "I already feel

extremely honoured and proud to be at the helm such an outstanding organisation

"YCT makes such a difference to the lives of so many of our children and young people, and therefore their families and the local community.

"This is made possible by the great team of staff, counsellors and trustees, all of which have a tremendous ethos and work

YCT is an independent charity, established 27 years ago and initially focusing solely on the Harlow area

The aim of YCT is to support children and young people through challenging and often difficult times so that they can feel hopeful about their futures.

This is achieved by providing them with independent therapeutic counselling alongside responsive and innovative services in both school and community based settings.

To get in touch with YC, which has been running services since 1988, call (01279) 414090, text 07956 887 921, email admin@ vctsupport.com, or check them out on twitter @YCT1.

Can you spare time to help out charity?

Volunteers needed to help British Heart Foundation

THE search is on for volunteers to help support pioneering medical research by giving their time to the British Heart Foundation.

The charity, which will support National Heart Month in February, is looking for people to volun-teer in its Terminus Street furniture store.

They are also looking for people to wear red on February 6 and raise money for its Wear It, Beat It campaign.

Assistant store manager Lee Piper said: "The BHF saves lives every day by funding ground breaking research, caring for heart patients and providing valuable education on health and lifestyle.

"But we can only do it with the help of people offering a little time to volunteer. "February is National Heart

Month and we are keen for volunteers to get involved.

"Volunteers are at the heart of the BHF's life-saving work. Their time and dedication helps save and improve the lives of those affected by heart disease."

There are various volunteer positions available at the store



MAKE A DIFFERENCE: Volunteers at British Heart Foundation with, front, assistant manager Lee Piper

including warehouse assistants. telephonists and sales assistants.

"There are lots of volunteer opportunities and we can talk to you about those which may interest you. Your time is really valuable to us and volunteering is a great way to meet people and gain valuable experience," said

Lee.
"Volunteering is simple and you only have to give the time you can afford – whether it's a regular day a week or just a few hours a

"Heart disease touches us all. very day, the British Heart Foundation saves lives by invest-

ing in pioneering heart research, caring for patients and their fam-ilies, campaigning for change and providing vital information to help people care for their own heart health."

For more information about volunteering visit bhf.org.uk or call 0300 4568353.

In **brief**

Swap shop event is hospice fundraiser

A CRAFTS store in Harlow is planning to banish the winter blues by hosting a charity swap shop on Saturday between 11am

Staff and customers of Hobbycraft at the Queensagte Centre colleagues will be exchanging their previously unloved items for something new for only a small donation.

Funds raised will go to local hospice Haven House Children's Hospice, which the store is supporting through Hobbycraft's national charity partner Together For Short Lives – the leading charity for the UK's 49 children's hospices. Store manager Ian Rees said:

"A new year is the ideal time to have a clear out of things you don't want or need anymore - so why not donate these to a really worthy cause? And who knows, vour might discover something you really love in the process

Thanks to volunteers

THE team behind Harlow's Christmas Haven have thanked the volunteers who supported them this year.

The Chocolate Run Committee is inviting all the volunteers who helped with the running of the Sunday night drop in and the Christmas Haven to a thank you event which will be held at the GPCA in Abercrombie Way on Thursday, February 19 at

A spokeswoman said: "It gives us the opportunity to thank all volunteers and also to share our individual experiences from taking part.

Open Day

Hertford Regional College

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Saturday 7th February 10am - 3pm

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MP visits specialist family-run joinery firm

HARLOW MP Robert Halfon visited family-run joinery spe-cialist Chordal Green to find about its work.

The firm, in Matching Tye, has built up a reputation for fitting luxury residential and commercial interiors across the UK and abroad.

"Family businesses are the best sort," said Mr Halfon. "I am impressed this is such a family-orientated company.

"Good businesses don't just rely on their ability to manufacture, but on personal rela-

Director Sally Rutty said: "Mr Halfon came to see us because he was intrigued that a small company in Matching Tye could be awarded a project to refurbish Ronnie Scott's and also be commissioned to design and make joinery for a large, modern house in Geneva.'

Chordal Green was started seven years ago by managing director Mark Rutty, who owns and runs the business and has a passion for making beautiful.

passion for making beautiful, bespoke furniture. "We really appreciate this visit from our MP," he said. "Mr Halfon is a huge asset to

Harlow and he is obviously sincere in his support of the town and the people who live and

Praise for van driver Allison

Prime Minister pledges his support

William Mata

WHITE van lady Alison Hickling runs cleaning, decorating and gardening businesses by trade, but her strong views on society have brought her into the spotlight.

Miss Hickling, 43, of High Ongar, Harlow, started her own company Finesse Improvement after previously working for her parents cloth-ing firm. She can be found resealing baths and fixing up cupboards for landlords.
The jobs Miss Hickling takes

on challenge stereotypes and she is part of a growing number of hard working women credited for helping the economy to

In defying the "white van man Dan" image Miss Hickling came to mainstream media attention and was the subject of a page lead in The Sun news paper, where she set out her plans for a better society.

"Everyone said I was brave for giving such an opinionated interview" said Miss Hickling, who was pictured under the headline White Van Woman' on

the tabloid's page six.

Her 'vanifesto' for social change, included: revamping job seekers allowance, bringing in ID cards to control Britain's borders and giving children more sporting opportunities



WHITE VAN WOMAN: Prime Minister praised Alison Hickling

"Women are getting their independence back. Their role has dramatically changed since Margaret Thatcher" she said in the article on Wednesday, Januarv 14.

Harlow MP Robert Halfon organised *The Sun* interview, organised The Sun Interview, and later used the piece to address David Cameron in Prime Minister's Questions. Pointing a copy of The Sun at the Prime Minister, Mr Halfon

talked about how over 20 per cent of businesses are started

by women before asking Mr Cameron if:: "White Van Women are part of our longer

term economic plan?"
"Absolutely" replied Cameron,

"Those wheels must keep turning.

"Women-led businesses is up by a third but if we could get the same level of female entrepreneurship in Britain as there is in America we would virtually wipe out the remaining unemployment we have.

Stats show fall in town iobseekers

HARLOW MP Robert Halfon and Labour parliamentary rival Suzy Stride are at odds over jobseekers policy following new figures that show a decrease in youth

unemployment.
Mr Halfon has welcomed the figures released last week, which have shown the number of Job Seekers Allowance claimants to have dropped by 50 per cent since the 2010 election.

The drop is significant amongst young people with 56 per cent fewer signing on in the same period.

Mr Halfon, whose Conservative party came into power in 2010, said: "These figures show the huge progress that we are making in Harlow, and is great new

for everyone in the town. "Under Labour, Harlow had a high rate of unemployment, but as 50 per cent fewer people are now claiming JSA, we are now in line with the national average

"This means that more Harlow people are receiving regular pay checks that provide security for themselves and their families" said Mr Halfon.

However, Miss Stride, who is competing for Halfon's seat in May's general election said the rising cost of living and levelling of wages are leaving families are worse off than four years ago.

"Any fall in unemployment is welcome but wages remain sluggish and working people in Harlow are £1,600 a year worse off since 2010" she said

"While the average weekly wage for males in Harlow is wage for males in Harlow is now less than it was in 2010, Halfon is busy doing a victory lap. Who is he trying to kid?" added Miss Stride. "A Labour government will

tackle the Tory cost-of-living crisis and the Tory low-wage economy by raising the National Minimum Wage to £8 an hour, ensuring more people are paid a Living Wage."

Furniture store opens for business

A SPECIAL weekend of discounts and prizes marked the opening of a new Harvey's Furniture store at the Queensgate Centre over the weekend.

Customers were treated to a one-off 10 per cent discount across the opening weekend, while staff from St Clare Hospice were on hand to launch their spring raffle, with the top prize being a new Suzuki Alto hatchback.

The new 11,000 sq foot store will support 10 jobs and has

moved from Oaks Retail Park. Store manager Tracey Shepherd said: "We're thrilled to have St Clare Hospice, we hope shoppers come along to support them. The store looks amazing and showcases our furniture in ways that will inspire.

Opening hours are 10am-8pm, Monday to Friday, 9am-6pm Saturday and 11am-5pm



Running club presents proceeds of 10k to charity supporting disabled

MEMBERS of Harlow Running Club have presented £600 to a charity providing

support services to people with a disability.
The club, which picked Accuro as its charity of the year, handed over a cheque for the money, which was raised at its annual 'Harlow 10' race to the charity's coordinator Michelle Jephcott.

Accuro is a Harlow-based organisation

which has been providing services to disabled children and adults – and their families – since 1984.

It is now actively seeking to strengthen its links with the local community.

"During the year the club has not only provided us with this financial donation but assisted greatly with a fun run we held in

the summer, as well as providing us with the opportunity to raise awareness of our work and services," said Ms Jephcott.

Every donation makes a huge difference to the services we can provide to children, young people and adults with a disability, as well as their families, in these very difficult

"We would also like to express our thanks to the club committee and members for voting for Accuro to benefit from being one of their nominated charities.

For more information about Accuro, its services and how to become involved in its work, visit www.accuro.org.uk, email michelle@accuro.org.uk or call (01279)

Anger over station car park fines

MP accuses firm of 'fleecing' drivers

William Mata

william.mata@hertsessexnews.co.uk

THE company which runs the multi-storey car park used by hundreds of commuters driving to Harlow Town station has come under fire for fining motorists who leave their vehicles in restricted areeas.
Harlow MP Robert Halfon accused

NCP, which runs the car park, of "flee-cing motorists" who park in the premium rate bays on level three which he claims are inadequately signed.

The cost of a premier season ticket to park at the station is currently £1,474.

After raising the issue with company bosses towards the end of last year, Mr Halfon said he is still receiving complaints from drivers who fall foul of the regulations despite receiving an assurance the clarity of the warning signs would be improved.

He is now calling on the company to refunded drivers who have been penalised immediately because the regulations are still not clear.

Mr Halfon first contacted NCP in

December to protest the fines after receiving a number of complaints.

In its written response, NCP confirmed the third level of the car park

was a "premium" rate area and large yellow signs were in place to explain the bay system.

However, chief executive Jo Cooper acknowledged in the letter that mark



ings had become unclear in the weath er and would be refreshed.

"The last thing we want to be doing is issuing fines to customers for genu-

ine human error,"she wrote.

Mr Halfon has now written a follow up letter to NCP demanding the situation is rectified after he was contacted by another motorist who was issued with a fine.

"I think it is outrageous that hardworking residents are being fleeced by NCP with inadequate signage, despite being promised that it would be improved," he said.

Clearly whatever was proposed has either not yet been implemented or is still not fit for purpose. I believe that those residents issued with a penalty charge notice for parking in this area should have their fines refunded without delay."



Survey of patients heaps praise on emergency ambulance crews

FRONTLINE staff working for the East of England Ambulance Service Trust have been praised for their performance after new figures revealed a 98 per cent patient satisfaction rat-

ing.

The statistics were gathered from a survey given to 120 patients who required emergency medical care from the trust – which covers Essex, and five other counties – in October.

According to some patients, staff were "attentive", "wonderful", "professional", "polite" and "friendly".

The survey also revealed that 97 per cent of people using the 999 service.

cent of people using the 999 service were satisfied with the length of time they waited for an ambulance to

arrive, while more than 90 per cent said they felt they were involved in the decisions made about their care.

In addition, 94 per cent described their journey to hospital as very comfortable, comfortable or fairly com

fortable.

EEAST chief executive Anthony Marsh, said he was delighted by the results of the survey which he said we

testament to the dedication and care shown shown by frontline staff. He added: "This report shows that the vast majority of patients find the time they wait for an ambulance as acceptable. However, we know we have more to do to improve our response times."



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Family Announcements

Birthday Greetings

18th Birthday

Mitchell-Brown

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Nan Grandad and Gem xxx

18th Birthday

HARRY

MITCHELL BROWN

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and Betsy XXXXX

Hollie

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Love

Mum, dad, Rebecca &

Grandma

хx

Happy 21st Birthday

THOMAS

WHAY

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LOTS OF LOVE

MUM. DAD AND

VICTORIA X X

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Births

It's a Boy

CHARLES and COLLINS

Congratulations to Emily and Aston on the birth of Spencer Jack

on 9th January, 2015

With love. Mum. Dad. Sam. Amie. Jack Archie, Charlie and Nan





Enright Kacie Mai

Kerry and Chris are delighted to announce the arrival of their beautiful baby girl Kacie Mai Enright Born on January 15th 2015, weighing 7lbs14oz Kerry and Chris Enright



Birthday Greetings **Happy 21st birthday**



Doyle

Happy 21st birthday to a 03/02/1994

Lots of love Mum.dad.She and Blaine xxxx



Happy 21st Birthday



Harriss Jade

Happy 21st Birthday Jade All our love and kiss

Mum. Dad & Louie



Bereavements



GEORGINA DOWNEY

Peacefully in Premier Court Nursing Home, Thorley, on 24th January 2015, aged 80 years. The beloved Mum to Colleen and Paul and a wonderful and loving Nan to her 4 Grandchildren and 4 Great Grandchildren. She will be sadly missed by all her family and friends. RIP.

Gina will be accepted into Our Lady of Fatima RC Church on Monday 2nd February 2015 at 6.00pm. Her Requiem Mass will be celebrated on Tuesday 3rd February 2015 at 3.30pm. followed by

cremation at
Parndon Wood Crematorium

All enquires and flowers to Masterson Funeral Home,
Independent and Family Owned Funeral Directors Station Road, Old Harlow, Essex CM17 0AS. Tel: 01279 626238

GREENHILL EVELYN (Eva)

Sadly passed away December 31st 2014, aged 84.

Evelyn will be greatly nissed by all her loving family and friends. God Bless

R.I.P. Love you always

xxx Funeral service will take place at Parndon Wood Crematorium, Harlow on Monday 9th February at 11.30am, afterwards at Canons Brook Golf Club.





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JOHN GUERRATI

Passed away peacefully after a short illness on 21st January 2015 aged 86 years.

A beloved Husband to Sheila, much loved Dad to Gina and Dianne, Brother to Michael and devoted Grandad to Jade, Hannah, Luke, Leah and Emma The funeral service will take place at

Parndon Wood Crematorium on Thursday 5th February 2015 at 2.30pm.

Donations if desired made payable to British Heart Foundation
may be sent c/o Daniel Robinson & Sons, Wych Elm, Harlow CM20 1QP Telephone: 01279 426990 "SADLY MISSED"



ELEANOR HIGGS

(Rutland Nee Kitchener)

3.9.21 - 17.1.15

Died suddenly on 17th January 2015. Was greatly loved and will be most sadly missed by all her Family.

Eleanor's Funeral Service is to be held on Wednesday 4th February 2015, at Parndon Wood Crematorium at 1.45p.m.

Family Flowers only please, donations if desired for PDSA. Cheques made Payable to MFH Charities Account.

All enquiries and donations to Masterson Funeral Home, Independent and Family Owned Funeral Directors, Station Road, Old Harlow, Essex CM17 0AS Tel: 01279 626238



Bereavements

CHADWICK KATHLEEN JOYCE

Passed away on Sunday 18th January 2015. Service to be held at Epping Forest Woodland Burial Park on Friday 13th February 2015 at 1.00pm. Flowers or donations if desired made payable to

R.N.L.I. and send c/o Daniel Robinson & Sons Ltd, 146 High Street, Epping, Essex, CM16 4AG, 01992 560890

KEV DAVIES

Passed away peacefully in his sleep at St Clare Hospice. His funeral service will take place at Parndon Wood Crematorium on Wednesday 4th February 2015 at 9.30am

No flowers by request but donations may be sent to St Clare Hospice in Kev's memory.

Daniel Robinson & Sons Telephone 01279 426 990

RAYMOND CHARLES KNIGHT

Betty Knight is sad to announce the death of her Husband Ray at Princess Alexandra Hospital on 23rd January 2015, aged 91 years.

'We enjoyed a long, happy and active life together shared with our large family and many friends

All enquiries to Daniel Robinson & Sons, Wych Elm, Harlow CM20 1QP. Tel: 01279 426990.

Patricia Eileen

MEADOWS

nee Hibbert

Died peacefully at Broomfield Hospital 21 Jan, age 83. Loved and missed by Lorraine, David, Sarah, Jonathan, Daniel, Shona, family and friends. At peace with her beloved Derek Terrence.

Funeral service at Parndon Wood 13 Feb at 13.40. Family flowers only but donations if desired to

British Heart Foundation c/o Daniel Robinson &

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LAMBERT CATHERINE — Funeral service to be held at Pardon Wood crematorium on Tuesday 3rd February at 2.30 pm. Donations if desired to be made payable to Marie Curie cancer care C/O Danie Robinson & Sons Wych Elm Harlow CM20 1QP



— SCOOP/Grandad 22/01/13 — 22/ 01/15. We miss you today as much as the day you went away, in our hearts forever you will stay! Love Big nose Tyler & Dexter xx

Who gave her

0

especially her family. In loving remembrance, think of her never to be forgotten.

thoughts

Larry and all the family.

Bereavements

JANICE MOORE/SAMPSON "JAN"

Passed away peacefully on Tuesday 13th January 2015 at home, aged 78 years.

Jan will be greatly missed by all her loving family and friends.

Funeral service will take place at Parndon Wood Crematorium Chapel on Tuesday 10th February 2015 at 2.30pm. All Welcome

All flowers and enquiries to Daniel Robinson & Sons, Wych Elm, Harlow CM20 1QP. Tel: 01279 426990.



LEONARD WILLIAM WITT

Peacefully at home on 17th January 2015, aged 90 years. He will be sadly missed by all.

Len's Funeral Service is to be held on Monday 9th February 2015, at Parndon Wood Crematorium Chapel at 1.00p.m. followed by interment in the Cemetery.

Flowers welcome, or donations, if desired, for St Clare Hospice. Cheques made payable to MFH Charities Account.

All enquiries, flowers and donations to Masterson Funeral Home,
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Essex. CM17 0AS. Tel: 01279 626238.

In Memoriam

op/Grandad 22/01/13 — 22/



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In Memoriam



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- AGORAPHOBIA AND SOCIALPHOBIA (01279) 304695
- ALCOHOLICS ANONYMOUS 0845 769555 (24-hour service)
- ALCOHOL AND DRUGS ADVISORY SERVICE (West Essex) (01279) 438716 or 641347
- ALZHEIMER'S Harlow and District branch: (01279) 418331
- ATTENTION DEFICIT HYPERACTIVITY DISORDER SUPPORT Monday 11am-3pm, Tuesday-Friday, 4.30-6pm
- CALM CENTRE (01279) 411330

■ CANCER INFORMATION AND COMMUNITY DEVELOPMENT SERVICE (01279) 698673 (Mon-Thurs, 9.30am-

- CATS PROTECTION (01992) 579539
- CHILDREN'S INFORMATION SERVICE (Essex) Informa on registered childcare options, including special needs activities and funding. Mon-Thurs 8.30am-5pm, Fri 8.30am 4pm. (01245) 440400
- CITIZEN'S ADVICE BUREAU 13-15 East Gate. The High Harlow. Monday-Friday 10am-4pm. Public telephone access line for guidance and information (01279) 770189, Monday-
- COCAINE ANONYMOUS (Harlow group) Meets at The theran Church of the Redeemer, Bush Fair (off Taw ad), Harlow every Friday at 7.30pm. 07809 537100
- COMMUNITY DRUG AND ALCOHOL (01279) 698721
- COMPASSIONATE FRIENDS 0845 123 2304 ■ DYSLEXIA SUPPORT GROUP (01279) 833294
- EPILEPSY SUPPORT GROUP (01279) 724224
- FAMILIES NEED FATHERS (01279) 654036 (Tom)
- FAMILY PLANNING (01279) 694902
 GAMBLERS ANONYMOUS and GAM-ANON (020) 7384 3040
- (24 hour helpline)
- GRANDPARENTS' ASSOCIATION (01279) 428040 or 0845
- HARLOW ADVICE CENTRE (01279) 704002 or email admin@ harlowac.org.uk. Harlow Central Library, The High. Monday
- noon-2pm and Tuesday, Thursday & Friday 10am-2pm.

 HARLOW BEREAVEMENT (01279) 453911, 626275 or 431175
- HARLOW COMMUNITY TRANSPORT (01279) 446855 ■ HARLOW COUNCIL FOR VOLUNTARY SERVICE (01279)
- HARLOW AND DISTRICT BACK CHAT (01279) 415664 o
- HARLOW AND DISTRICT TWINS CLUB (01279) 659549
- HARLOW FOODBANK 2 Wych Elm, Harlow. (01279) 724515 HARLOW LESBIAN & GAY HELPLINE (01206) 869191.
- Monday-Friday, 7-10pm
 HARLOW ONE STOP SHOP 0800 587 6013
- HARLOWSAVE CREDIT UNION, Harlow Central Library, The
- High. Monday, Tuesday and Wednesday noon-2pm, Friday 10am-2pm, (01279) 451234
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- HARLOW VOLUNTEER BUREAU (01279) 308310 or 07910
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- MENCAP (01279) 734202 MENIERES AND TINNITUS HELPLINE (01279) 442594
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- YOUNG CARERS PROJECT (01279) 308314
- **YOUNG CONCERN TRUST (01279) 414090**
- organisations appearing in the list. If you would like details of your group to be included or if the information is out of date or incorrect, please call the Star newsdesk on (01992) 526556



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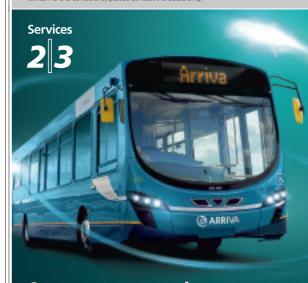
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Conference will showcase work of patient panel

Team helps improve 'hospital experience'

Gemma Gardner

A LONG-term and chronic health condition is not usually considered an advantage when taking up a new job role.

But for Harlow resident Ann Nutt, the rheumatoid arthritis which she was diagnosed as a young adult has inspired her work as chairman of the Princess Alexandra NHS Trust's patient panel.

Since re-launching the panel 18 months ago, she and her 17-strong team of volunteers have been responsible for driving through many improvements in patient experience – from better food to clearer and more user-friendly patient information

Other projects have included working with trust staff to cut delays and speed up the discharge process, as well as lobbying to improve the transport options available to patients

Following a busy and successful year, Ann is now preparing for the panel's second annual conference which will be held from 10am-4pm on Friday, February 27 at the Harlow Leisurezone.

"We are doing a lot of good work but we would love to welcome new members," she said. "We want as many people as possible to come to our annual conference to find out more about what we do.
"They are aiming to recruit from a broad range of

age groups, gender, ethnic background, disabled

and able-bodied individuals. They are also keen to have people from across Hertfordshire and Essex to represent the many areas where the Trust's patients live

Lunch will be provided at the conference, which will include presentations on hospital food, infection control, how to look after prescribed medicines and caring for those with dementia.

There will also be interactive elements, with the opportunity for those attending to take a dementia test and learn more about potential early symp-

The programme also includes a talk about the condition and how to care for those who have been diagnosed.

Professor Nancy Fontaine, who is chief nurse at PAH said: "The creation of the patient panel was essential in order to provide a means for critical challenge to the trust's services, as well as allowing the lay public to work with us on all elements of quality and safety improvements, including infec-

tion prevention and control.

"That is why we owe so much to the sterling work over the last year of the individuals who make up the panel. They help to ensure that on a daily basis we are truly living our values of being respectful, responsible, caring and committed.

Anyone who would like to attend the conference should email proactivegroup@ntlworld.co.uk or call (01279) 827084 to book a place.



Charity praised for creativity and focus

LABOUR parliamentary hopeful Suzy Stride has shown her support for the party's plans to make radical improvements in mental health provision by visiting Harlow charity The Calm Centre.

Ms Stride praised the "creativity" of the charity, which offers counselling to people over

the age of 18 in Harlow. "The Calm Centre is a fantastic charity serving people in Harlow and offering an

essential lifeline to those struggling, who need counselling," she said.

Labour supports more a greater emphasis on prevention, early intervention and better support – particularly for young people – as part of their plans to

sustain and improve the NHS.

Ms Stride added: "It is services like these that help prevent more serious health problems occurring in people's lives

"The Calm Centre's creativity,

innovation and local focus is what makes them special, and I hope future governments will provide them the funding they need and residents need."

Mark Stephens, chairman of the board of directors, said afterwards: "It was so encouraging to meet a prospective MP, who really understood the needs of small, local charities and has committed herself to championing them



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MAGIC moments

Be prepared to be amazed by illusion and sleight of hand

INSIDE: LAUNCH OF LINKFEST 2015; COLIN FIRTH INTERVIEW; CINEWORLD FILM LISTINGS; HOW TO TACKLE A 5:2 EATING PLAN PLUS: MIND-BOGGLING PUZZLES

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MAGIC & MUSIC:

WHAT'SONC f

WHAT'S ON

ALLISON NEALE QUARTET WITH NAT

WHERE: Harlow Cricket Club, Old

WHEN: Friday, January 30 at 7.30pm **DETAILS:** www.musicatmarigolds.co.uk

COST: £8 on the door American born, Allison Neale's beautifully crafted lines evoke the spirit of Paul
Desmond and Art Pepper with whom she has a particular affinity. As a strong advocate of the melodic West Coast style she has performed alongside leading international artists such as Adelaide Hall and Bud Shank and more recently tenor Scott Hamilton as well as featuring in both the John Dankworth Generations Band and the Back to Basie Orchestra. She frequently tours the UK with her current Quartet, which also features acclaimed jazz pianist Leon Greening, bassist Julian Bury and drummer Steve Brown and has two CDs to her name Melody Express with

guitarist Dave Cliff and Blue Concept

with trumpeter

LIVING WITH LUKE
WHERE: Burnt Mill Academy
WHEN: From Friday, January 30 and
Saturday, January 31
Living With Luke is based on the blogs
about the boy written from his father's
perspective. The central role of Luke's
father, Danson Thunderbolt, is played by
the writer of the blogs. Local actor and the writer of the blogs - local actor and resident Steve Hannam. It is set in a full-scale wrestling ring where Thunderbolt fights the Shadow – literally - to make contact with Luke and the referee tries to keep control! It is funny, poignant and real, fusing wrestling and theatre to show what life is like living with an autistic

WHERE: St John's Arc, Old Harlow WHEN: Friday, January 30 at 1.30pm COST: £5 (including homemade soup and artisan bread served from 12.45pm) The event is being held in memory of John Sothcott, founder and director of the St. George's Canzona. Galliarda are a unique classical music group consisting of four outstanding musicians - all highly respected international performers with wide experience of recording, teaching and research in the fields of Renaissance and Baroque music.

FOOTLIGHTS AT THE THEATRE 2015 WHERE: Victoria Hall, Old Harlow

WHEN: Sunday, February 1 at 5.30pm **DETAILS:**

www.footlightstheatredance.co.uk An afternoon of entertainment from Footlights Theatre Dance School.

STEPHEN K AMOS - WELCOME TO

WHERE: The Playhouse, Harlow WHEN: Wednesday, February 11 at 8pm COST: £18.50

The maestro of feel-good comedy is back on tour with his new show. Fresh from sell-out tours of Australia and New Zealand, as heard on BBC Radio 4 Life: An Idiot's Guide and What Does the K

MYTHS AND MYSTERIES - FEATURING TREVOR MARRIOTT

WHERE: The Playhouse, Harlow WHEN: Thursday, February 12 at 7.30pm COST: £14

Trevor Marriott is a retired British Police Murder squad detective who throughout his long and protracted career has investigated and solved many crime mysteries.
The results of his investigations are

thought provoking, and will captivate and enthral the audience as he dispels before them many of the previously accepted facts surrounding these well-known myths and mysteries.



BAND of tricksters. swindlers and cheats is heading for Harlow-but don't worry – it's all in the name of entertainment.

The Champions of Magic show is back on the road for a spring tour and will be arriving at the Playhouse on March 1.

Five world class illusionists queen of close-up Fay Presto, visual magic expert Edward Hilsum, master mindreader Alex McAleer and grand illusionists Young & Strange – will dazzle audiences with masterful cart manipulation, mind-boggling sleight of hand and spectacular illusions in a production which fuses a collection of classic and contemporary magic with stunning lighting, video and special effects.

The cast of the show have appeared on national and international television including ITV's Penn & Teller: Fool Us, This Morning and Good Morning Britain and the BBC's History of

Young & Strange: Richard Young and Sam Strange first met when they were eight-year-olds and their childhood friendship as cemented with a common interest in magic.

They spent their teenage years attempting to make Las Vegas style illusions with cardboard and tape but with little money they were forced to create original illusions and magic tricks. In recent years they have performed on some of the biggest stages around the world and their spectacular shows have landed them spots on prime time television

Edward Hilsum: The smart young face of modern British magic, Hilsum was just 18 when he was invited to join the Magic

WARNING! They're out to TRICK you all!

Circle. Within three years he was performing throughout Europe and across America and he was asked to create and perform during the London Olympics.

Alex McAleer: Known among his peers as a creative and original thinker, McAleer has acted as a consultant magician for a number of other performers and theatrical productions.

Combining contemporary mind reading with a sharp wit and a flair for showmanship, he leaves his audiences scratching their heads in amazement with his ability to reveal names and places

Fay Presto: Arguably Britain's premier close-up magician, Presto has performed in front of the Queen and other members of the Royal Family as well as Madonna, Sting, Elton John and Rod Stewart.

One of her illusions was included in Channel 4's 50 greatest magic trick and she recently appeared alongside David Copperfield on CNN's Quest For Magic.

Champions of Magic arrives at Harlow Playhouse on Sunday, March 1. The show starts at 7pm and tickets are priced £17-£21.

MAGICfacts

- It takes over 70 man hours to build the Champions Of Magic show at each
- Four of the performers are Magic Circle members with two associates of the Inner Magic Circle and one member of the Inner Magic Circle
- The show's crew includes a dedicated special effects technician due to the huge quantity of effects used in each performance. Over 50 individual pyrotechnic pieces, six air cannons, 10 industrial fans and six high output smoke machines create the stunning sequences seen in the
- The show uses over 12,000 watts of strobe lighting.
- The steel fan which illusionists Young & Strange will attempt to walk through has six solid blades which spin at over 80 mph. Health and safety officers attempted to stop them from performing the illusion as they couldn't understand how it was achieved.
- Fay Presto co-ordinated an onstage marriage proposal at a Champions Of Magic tour date in Jersey. She has since been asked to perform at the newly engaged couple's wedding in
- The production design team have worked with world class artists including Lady Gaga, Kate Bush, Diversity, Adele and Calvin Harris.
- Many of the largest illusions in the show were designed and built just for the Champions Of Magic cast, with some being imported directly from Las

Vegas.

The magic designers responsible for the illusions have also worked for the likes of Disney and David Copperfield.

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MUSIC

WHAT'SONC FIF

Love to boogie to the sound of '70s glam stars



IT is 37 years since the godfather of glam rock Marc Bolan died in a car accident, yet the music of T.Rex is as popular today as ever.

Bolan was one of the most flamboyant and charismatic performers of the early 1970s. Achieving commercial success with the single Ride A White Swan, he followed it up with a string of top 10 hits and found fame around the world.

Sadly his life was cut short when, at the age of just 29, he was killed after the car in which he was a passenger crashed in south-west London.

But his legacy lives on in the form of tribute band T.Rextasy – led by Danielz, pictured – who have been performing around the world for more than 20 years.

It is the only band endorsed and approved by

Bolan's family, estate, original members of T.Rex and Bolan's catalogue management.

"No-one can ever take Marc's place, no one could ever be that naive," said Danielz. "Treat T.Rextasy as a band of today, playing Marc's music as faithfully as possible and recreating

that special energy and performance."
T.Rextasy will be performing the *I Love To Boogie* show at The Playhouse in Harlow on Friday, February 13. Tickets cost £18.50-£21.50 (including booking fee) and can be booked online at www.playhouseharlow.com or by calling the box office on (01279) 431945.

Queen of tribute acts visits Rhodes

A TRIBUTE band who have been paying homage to Queen for 20 years will be performing live in concert at Rhodes in Bishop's Stortford next month.

Since forming in 1995, Supreme Queen have made an impact on audiences across the UK, Europe and Asia.

Frontman Scott Maley is an uncanny 'Freddie Mercury', with the right look, stage persona and, most importantly, an incredibly powerful voice.

He is joined on stage by a talented band, including Nathan Mathers, who brings all the electric guitar virtuosity required to play a convincing Brian May. Their attention to detail is impressive and extends to use of the same

equipment used by Queen in their heyday.
Janice Long, BBC Radio 2 broadcaster, said:
"I got the fright of my life when I saw 'Freddie' backstage; he looked just like the real thing. He went on stage and gave a blistering performance, winding the crowd up song by

Supreme Queen are at Rhodes on Saturday, February 21. Tickets are £18 from Rhodes on (01279) 651746 or www.rhodesbishops stortford.org.uk.



FLOYD to help raise funds for LINKFEST

HE organiser of Harlow's annual LinkFest is hoping a Pink Floyd tribute concert will help to raise funds to run the music festival this year.

Lead LinkFest organiser Jamie Pring described guitarist Steve Forward, and his one-man show One Floyd, as: "The definitive Pink Floyd solo show" which will rock Harlow's GPCA club on Friday, February 28

"It will be an awesome show," said Mr Pring. "Steve has worked hard and the projection is phenomenal, it looks amazing."

At the show's interval an auction will also be held to raise money for the festival, which will include tickets to see an England football game

"There are 250 tickets and I'm hoping to sell them all," Mr Pring added.

"How much we raise all depends on the auction, but getting £1,000 would be good." $^{\circ}$

Professional musician Steve Forward 39 from Clacton-on-Sea, is also a producer and guitar teacher, having been in bands for well

Steve will play the classic 1973 Pink Floyd album *The Dark Side of the Moon* in full, whilst also including some personal favourites from The Wall his "favourite album of all time"

"I'm excited. The first rehearsal went really

well. This is a first for Harlow and for me personally to perform a one man tribute show."

25

Despite Pink Floyd having four members in their 1970s peak, Steve has risen to the challenge of performing solo through a complicated system of background loops which he had previously recorded.

"Despite the complexity of the show it is still me performing and playing completely live. It was a lot of work, but Pink Floyd's work needs to be heard," he said.

Tickets are on sale now for £3 in advance and £5 on the door. For tickets and information call GPCA box office on: 01279 414081

Enjoy some live music this weekend

THE STROLLIANS
WHERE: The Railway Hotel, Sawbridgeworth WHEN: Fri, Jan 30, 9pm HOW MUCH: Free

FRANKIE AND THE HEARTSTRINGS + DON'T

WHERE: The Square, Harlow WHEN: Fri, Jan 30, 8pm HOW MUCH: £5 in advance and £6 on the door www.thesquareharlow.com

TRAWBERRY BLONDE

WHERE: Burnt Mill Snooker & WHEN: Sat, Jan 31

ECHOLAND



WHERE: The Shark, Harlow WHEN: Sat, Jan 31, 9pm HOW MUCH: Free TEL: 01279 416297

WHERE: The Willow, Harlow

WHEN: Sat, Jan 31, 9pm HOW MUCH: Free

WHERE: Harlow War Memorial Snooker & Social Club, Harlow WHEN: Sat, Jan 31, 8.30pm

HOW MUCH: Free

ESSEX UNDISCOVERED + STATE OF THE ART + FAILING TO FLY + GUD + MATTHEW

WHERE: The Square, Harlow WHEN: Sat, Jan 24, 7.30pm HOW MUCH: £5

WHERE: Colt Hatch Social Club, Harlow WHEN: Sat, Jan 31, 9pm HOW MUCH: Free

WHERE: The Small Copper, Harlow WHEN: Sat, Jan 31, 9pm

HOW MUCH: Free

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RECIPES

> FOOD& DRINK <

A CRACKIN' PAIR

Eggcessories...



Poachpod, £4.99 for two (www.lakeland.co.uk) If you struggle to make the perfect poached egg, you might like to try one of these silicone pods. Crack the egg into it, float it in boiling water, and once cooked, flip it inside out to release your neat and tidy result.



Alessi Cico Egg Cup & Spoon, £11.95 (www.houseoffraser.co.uk) Inject some fun into your boiled egg and solders with this cute little fellow who has a salt castor cleverly hidden in

More of an EATING PLAN than a DIET

The 5:2 diet is nothing new, but it is effective - so much so, even doctors recommend it. Claire Spreadbury finds out what all the fuss is about

ow's that New Year's resolution of losing weight coming along? If the sweet treats have crept back into vour daily routine, or Dry January has become awash with weekend wine, don't despair.

In 2012, there was a point when everyone seemed to be talking about the 5:2 diet. More of an eating plan than a diet, it simply involves two 'fasting' days a week, when your calorie intake needs to be a maximum of 500 for women or 600 for men, and five blissfully normal definitely-not-on-a-diet days.

Three years on and the New Year bookshelves are still groaning under the weight of new titles: Kate Harrison's 5:2 Good Food Kitchen, for one. And that's because it works.

"From the first day I did it, I realised it was the easiest approach to controlling my weight I'd ever tried," notes Harrison. "I lost 31lbs, gained energy, confidence and a complete loss of guilt about food. And it inspired me to write four books.

Now, I'm not much of a calorie counter. Weight Watchers put paid to that about 15 years ago, when I found myself totting up how many 'points' my enviably slim and non-dieting lunch date was consuming, while staring miserably at my crispbreads. But working out the tastiest way to consume just 500 calories - and sticking to it by telling myself I can eat whatever I want tomorrow - is something I can just about manage especially if it's only for two days out of seven.

"On a weekly basis, you're slashing at least 3,000 calories from what you'd normally eat, which is equal to a

pound of real weight loss - not water loss," says diet and fitness expert Laura Williams (www.laurawilliamsonline.co.uk). "It's a simple question of sums and creating deficits."

I'm only on week two, but am happy to keep it up - and losing 2.5lbs in seven days has certainly spurred me

I would recommend avoiding 'virtually calorie-free' (and also completely tasteless) noodles, and discovering low-calorie foods you don't dislike. A massive salad hits all the right notes, Marks & Spencer's mini hot cross buns are a perfect 100-calorie fix and there's an array of low-cal ready meals on the market that are a lot more tasty than you think - and make it easy to keep fasting, even when you're too busy to cook.

Try it - you might like it. And if you do, and you find your scales are suddenly pointing at your goal weight, you can drop down to one fasting day a week to keep it all off.

That's what Harrison did. after dropping from a wobbly size 16 to a slender 10-12 - which she still is - three years ago. Here are her top tips to keep you on track, plus three delicious recipes to inspire your fasting days..

KATE HARRISON'S TOP 5:2 DIET TIPS

- Choose the right Fast Days and mark them in your diary! You want a day when you're busy, but not under too much pressure.
- Plan your meals and shop ahead.
- \blacksquare Focus on flavour and freshness. Aim for seasonal ingredients - salads and berries in summer, hearty soups in winter. Making your own is quicker than you'd think and you can freeze



EASTERN INFLUENCE: Lemongrass and ginger pork with noodles

portions to cut time in the kitchen on a clock, ready to spur you on. Fast Day.

- Spice up your 5:2 life with chillis, spices and strong flavours. Chilli flakes, curry powder, garlic, fresh lemon juice and balsamic vinegar are always to hand on my Fast Days.
- Drink up. Often when we think we're hungry, we're actually thirsty. So drink lots of water, black coffee or tea – if you add milk, count the calories.
- Distract yourself. Hunger tends to come in waves, so have a brew or phone a friend and you'll forget all about it.
- Join the Facebook group (facebook.com/groups/the52diet) – there are members there around the

- Write down what you eat on a Fast Day – and how you feel – to help you discover what works best for you
- Weigh yourself no more than once a week, or less, at the same time of day. Our weight fluctuates so much that you don't want to get disheartened by weighing daily. Look for other positive signs too - like a pair of jeans that are tight before you start.
- Enjoy a balanced diet and treats on your non-fasting days. When you're not fasting, you can eat normally, up to around 2,000 calories for women and 2,400 for men. For more tips visit

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Blow away those winter blues with a trip to France with P&O Ferries

Our lucky winner will win a standard return crossing to France for a car and up 4 passengers with P&O Ferries. This prize includes entry to the luxury club lounge on both ways and a £25 voucher to spend in the onboard shop.

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There's plenty of things to do whilst you are onboard you can grab a Starbucks coffee, visit one of the restaurants and don't forget to spend your £25 onboard voucher in the shop, where you can save up to 40% on high street prices. You will find some amazing offers from fragrance to spirits or jewellery to chocolate, P&O Ferries have something to make everyone happy.

Question: How long does it take to sail from Dover to Calais with P&O Ferries? A: 90 Minutes B: 110 Minutes C: 115 Minutes

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Enter by text, simply text HMS FERRY, your answer (A, B or C), plus your name, address and postcode to 64343. (E.g. HMS FERRY A Jane Smith 1 Any Road SG2 3RT) Remember to include the spaces! Texts will cost £1.00 each plus one standard network rate message Entries must reach us by midnight Friday, February 6, 2015

P&O Ferries Entry Form

Answer: (A, B or C) _ Title & Name: Address:	
/ Address.	
Tel:	
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valid in conjunction with Unitholder concessions, inclusive holidays or special offers or other promotions valid in conjunction with Untribules concessoors, inclusive holitege or special offers or other promotions. The prizes are subject to availability and peak date exclusions, and travel is only permitted on booked sailings. Once a booking has been accepted and confirmed no amendments will be permitted. Travel must be completed by 90th August 2015, Bookings are subject to PRO Ferries List standard terms and conditions which can be found at www.poferries.com. It is the responsibility of the prize wimer to ensure they and their guests have passports that are valid for a least three months after the date of their return trip and travel insurance and obtain any necessary vaccinations and visas for their trip. Promoter is: PRO Ferries, Chamel Nusse. Chamel Yew Road Dover, CT17 9T.J. Should you have any queries please call 01737 783884 or 01892 239022

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EGGS 'BENEFIT' WITH **MUSTARD SAUCE**

Calories: 189 for Florentine: 193 for Benedict; 220 for Royale (add 78 for a second poached egg)

Ingredients

For the sauce:

1tsp Dijon mustard

2tbsp half-fat creme fraiche

Fresh herb leaves, such as chives,

parsley or dill, plus extra to garnish

Salt and pepper

Pinch of sugar (optional)

For the 'Benefit' layer:

50g fresh or defrosted frozen spinach (or 20g smoked salmon or 20g slice of ham) Squeeze of lemon juice, if using spinach

1 very thin slice of sourdough bread weighing 15g

1 medium eaa

Splash of vinegar

Salt and pepper

Method

Make the sauce by heating the creme fraiche and mustard gently in a small saucepan for two minutes. Use scissors to snip the herbs directly into the saucepan, reserving a few leaves for garnish. Season to taste. If it's too sharp for you, add a pinch of sugar or

For the 'Benefit' layer, microwave or pan cook the spinach with a little water and a squeeze of lemon juice until wilted.
Season with pepper then drain through a sieve. When cool enough to handle, carefully squeeze out as much of the water as possible and set aside

Toast the sourdough bread lightly under the grill or in a toaster.

For the egg(s), bring a medium saucepan of water to the boil with a splash of vinegar. Break your egg onto a small

plate. Create a whirlpool in the water with a fork or whisk and, with your other hand, slip the egg into the middle of the saucepan as gently as possible. Turn off the heat and set a timer for three minutes. After that time, check that the egg white has set before removing from the saucepan using a slotted spoon. Place gently onto a plate lined with kitchen paper to absorb the excess cooking water.

Set the toast on a warm plate, lay the spinach, ham or salmon on top, then add the egg(s) and finally the sauce. Season and serve with herb leaves.

LEMONGRASS AND GINGER **PORK WITH NOODLES**

SERVES ONE

Calories: 356

Ingredients

100g pork escalope

1/2 lemongrass stalk, finely chopped 2cm-piece fresh root ginger, peeled and

TASTY BUT HEALTHY: Eggs Benefit with Mustard Sauce

finely chopped

1/2 shallot, finely chopped

1-cal cooking spray 25g rice noodles

50g mixture of baby corn and sugar snap peas

50g broccoli florets

Zest and juice of half a lime

½tsp sesame oil

1tsp soy sauce

1/2 red chilli, sliced

Method

Put the pork escalope in a dish with the lemongrass, ginger and shallot. Toss the meat to coat. If you have time, place the dish in the fridge to allow the pork to marinate for up to an hour.

Spray a cold, non-stick frying pan with one-calorie cooking spray and place over a medium heat. Add the pork and fry it for three to four minutes on one side. Turn over, adding more spray to the pan, if needed. Continue to cook the pork on the other side, until golden and

cooked through in the middle. Set aside

Bring a small pan of water to the boil. Add the noodles and cook for five minutes, or following the instruction on the pack. Add the baby corn and sugar snap pea mixture, as well as the broccoli florets, then turn off the heat and allow to cook in the hot water for one to two minutes.

Drain the noodles and vegetables, toss well to mix, then return them to the pan. Stir in the lime zest and juice, sesame oil, soy sauce and chilli, then spoon onto a plate. Slice the pork and arrange on top, then drizzle round any of the rested

Vegetarian Thail

SERVES 2

Calories: 241 per serving

Ingredients

1/stsp coconut oil

1 small red onion, sliced

1 clove garlic, crushed

2cm-piece peeled ginger, weighing 5g 1 small green chilli, finely chopped

1/2tsp garam masala

1/4tsp cinnamon

1/4tsp ground cardamom

150ml almond milk 10g cashew nuts

10g flaked almonds, reserving a few for

200a mushrooms

100g fine beans or sugar snap peas 40g dried apricots, snipped

For the Pomegranate and Mint Raita:

100g 0% fat yoghurt

A few fresh mint leaves, chopped

30g pomegranate seeds For the almost-instant pickles

250g mixed vegetables, including

cauliflower, carrot or cucumber, radishes and red onion

5g root ginger, finely chopped

1 clove garlic, finely chopped

1 small fresh green chilli, deseeded, core removed and thinly sliced

100ml water

100ml white wine vinegar

1tsp sugar or equivalent in sweetener (optional)1tsp salt

1/2 tsp black or white mustard seeds

1/4tsp each whole coriander and cumin seeds

Good pinch dried chilli flakes (optional)

Method

Heat coconut oil in a non-stick saucepan over a low heat.

Add the onion, garlic, ginger, chilli and spices and fry very gently for three minutes. Then add the almond milk and the nuts. Simmer gently for seven minutes. Blend with a stick blender, pour into a cup and set aside.

Fry the mushrooms in the same pan for three minutes over medium heat. Don't move them around too much, so they brown nicely. Add the beans or peas and the snipped apricots, then return the spiced sauce to the pan. Simmer for six to eight minutes, or until the beans or sugar snaps are tender.

To make the raita, combine the yoghurt with the chopped mint leaves and top with the pomegranate seeds.

For the pickles, slice or snap the vegetables into bite-size pieces and place in a large microwaveable dish. Add all of the remaining ingredients and cover the bowl with a plate.

Microwave on full power for three to four minutes, depending on how crunchy you like the vegetables. Or, heat everything in a large saucepan over high heat for five minutes. You can skip the heating if you prefer a really crunchy salad pickle

Serve the korma in one bowl, sprinkled with the reserved nuts.







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FILMGUIDEC

A WATCH



Mike's TV Film of the Week

WAR: BITTER VICTORY BBC Two, Saturday, January 31, 6.45am Magnificent. Nicholas Ray's Bitter Victory, made in 1957, is a little-seen and mystifyingly under-appreciated masterpiece. It never appears on critics' lists of best war movies – it doesn't make Sky's top 100 or Time Out's top 50 – but it belongs at the

top. In fact, forget genre, it's among the greatest of all films We're in the midst of the Western Desert campaign. At a British Army camp in Cairo, a highly dangerous 30-man commando raid behind enemy lines to steal secret documents from the German HQ in Benghazi, Libya, is being planned, and there are two candidates to lead it. One, Major David Brand (Curt Jurgens), is a long-serving "by the book" professional soldier who hasn't seen any real action. The other, Captain Jimmy Leith (Richard Burton), is a volunteer. An archaeologist in peacetime, Leith, unlike Brand, knows Benghazi and its people peacetime, Leith, unlike Brand, knows Benghazi and its people well, and speaks fluent Arabic. He seems more suited to the task, but the General doesn't like his insolent attitude, among other things. "He's an intellectual..." he splutters "... and he's Welsh!" He also happens to be the former lover of Brand's wife Jane (Ruth Roman), who turns up at the camp on the eve of the mission. In the end both men are sent, with Brand in charge, but it soon becomes clear he's not up to the job...

It soon becomes clear he's not up to the job...

There's nothing especially earth-shattering about any of this –
it's an interesting premise and a good script, by Ray and three
others. But it was Ray who once said, "If it's all in the script, why
make the movie?" and this is why he said it. Anyone impressed
by the "visual mastery" of Stanley Kubrick or David Lean should
check out Bitter Victory to see the real thing. Every shot adds
something to our understanding – the succession of stunning
black and white Cinemascope images (switch off immediately if black and white Cinemascope images (switch off immediately if it's not shown letterboxed) bursting onto the screen don't illustrate the story, they are the story. And Ray invests them – whether in a bar or out in the desert – with such emotional impact and psychological insight, such verve and power and momentum, that the effect is overwhelming – even on TV. Burton is at his best, as are Jurgens and Roman (which isn't

saying much), and Nigel Green shines as a grinning, sardonic thief. Great score by Maurice Le Roux too. Mike Whiteway

SHOWING AT HARLOW CINEWORLD

Friday 11:30 12:30 14:15 15:15 17:00 18:00 20:45 Saturday 10:00 11:30 12:30 14:15 15:15 17:00 18:00 20:45 Sunday-Thursday 11:30 12:30 14:15 15:15 17:00 18:00 20:45 Autism-friendly screening: Sunday 11:00

KINGSMAN: THE SECRET SERVICE (certificate 15, 129mins) Thursday 12:30 14:30 17:30 20:30 Friday-Thursday 11:15 14:15 17:15 18:00 20:15 21:00

EX MACHINA (certificate 15, 108 mins)

Thursday 13:15 18:30 21:10 Friday & Sunday-Thursday 18:30 THE THEORY OF EVERYTHING (certificate 12A, 123mins)
Thursday 13:45 16:45 Friday 12:40 15:40 19:45 Saturday 12:25
15:10 19:45 Sunday 15:40 19:45 Monday-Thursday 12:40 15:40

AMERICAN SNIPER (certificate 15, 132mins)

Thursday 14:40 17:40 20:40 Friday 11.40 14:40 17:40 20:40 Saturday & Sunday 14:40 17:40 20:40 Monday-Thursday 11:40 14:40 17:40 20:40

TAKEN 3 (certificate 12A, 103mins) Thursday 15:20 18:00 20:45 Friday & Sunday-Thursday 21:00

THE GAMBLER (certificate 15, 111mins) Thursday (January 29) 18:20 21:00

PADDINGTON (certificate PG, 95mins)

Thursday 16:00 Saturday & Sunday 10:10 12:25

INTO THE WOODS (certificate PG, 125mins) Thursday 12:40 15:30 19:45 Friday-Thursday 12:00 15:00

Movies For Juniors (£1.50 or £3 for 3D)

THE BOXTROLLS (certificate PG, 97mins)

ALEXANDER AND THE TERRIBLE, HORRIBLE, NO GOOD, VERY BAD DAY (certificate PG, 81 mins) Saturday 10:00

Colin Firth plays a distinguished gent in his new movie - but this one also happens to be a kick-ass spy. He tells Susan Griffin why it was time to do the unexpected in Matthew Vaughn's

hen Colin Firth was injured during production on his latest movie, it wasn't a medic that was called over, it was a photographer. "Every time I got a bruise or a broken tooth, rather than get the nurse in, it was, 'Get the cameras in, so we can show you're going through it!" recalls the 54-year-old.

new film, Kingsman: The Secret Service

That's because in his latest incarnation, the man known to millions as Mr Darcy, from both the Pride And Prejudice TV and Bridget Jones movies, has turned action spy and martial arts expert, in the comic book adaptation Kingsman: The Secret Service.

'When we were shooting it, the stunt guy would say, 'Let's get the B-roll in to film some of this, because nobody's going to believe it'.

Firth, looking handsome in a dark suit and black-rimmed glasses, couldn't believe it either, and is more than aware that his many fans will see it as an unexpected role.

"It was unexpected for me too, but it sparked my interest immediately because of that," admits the Hampshire-born actor, who was already intrigued by the director Matthew Vaughn, who also helmed Kick-Ass and X-Men: First Class.

"I think he's a one-off. There was no script yet, it was a work in progress and he wasn't ready to show it to me, so I just went to hear what he had to say and I found him very compelling," reveals Firth, who was Oscar nominated for Tom Ford's A Single Man in 2010, and walked away with the gold statuette for The King's Speech the following year.

"Something in me just went, 'Why not?' It's so unusual for me, that it seemed silly not to take a chance." $\,$

Early on, Vaughn was "full of dire warning" of the extent of training he'd be required to do. "And how much it would hurt and how much I was going to hate him by the end of it, and was I up for that," Firth adds

"It was three hours a day for about six months, and started off in my back garden with a squat, lunge and somersaults, and then the choreography kicked in. I was learning to use parts of my body that I'd never used – I didn't even know they existed. It was painful, but I warmed to it and found it exhilarating," he continues.

"This wasn't the stuff I was doing when I was young. I wasn't one of the more athletic drama students. My recreation was a lot more sedate in my youth, so it was a chance in my 50s to do something completely different, and go into a bit of a physical world for a

Bar one stunt, involving a rig, it's all Firth on screen. "I said that to somebody, and they looked at me with horrified disappointment that I would tell people such an egregious lie," he notes, smiling.

"One of the reasons I feel so driven to tell people, is that I won't have gone through all that pain for nothing

The effort definitely paid off. Not only did Livia, his Italian wife of 17 years, appreciate her newly honed husband ("It got noticed!" he confesses, laughing), but he looks a natural in the role of Harry, an impeccably suave spy and member of the secret organisation, known as Kingsman.

Harry recruits street kid Eggsy, played by newcomer Taron Egerton, and trains him up just as a global threat emerges from a twisted tech genius, brought to life by Samuel L. Jackson. A pastiche of the spy movies we all know and love, Firth acknowledges there's a lot of violence – but "it's wildly implausible"

"It's like a provocative pantomime, and in some ways I think it's sending up the extremity. I can't imagine how anyone would emulate it, because you'd need to be trained to do that stuff. It's closer to what you get in Monty Python, than it is to the realistic

KINGSMAN FACTS ■ Kingsman: The Secret Service was written by Matthew Vaughn and Jonathan Ross' wife Jane Goldman, and is based on the comic book by Mark Millar, after he and Vaughn conceived of the idea on the set of Kick-Ass.

Vaughn was inspired after reading a newspaper article about the fact the Dr. No director Terence Young cast Sean Connery against the wishes of 007 author lan Fleming, and realised he had to turn him into a gentleman spy. More than 60 young men were screen-tested before Taron Egerton, from Aberystwyth, Wales, and fresh out of drama school, was cast in the role of street kid Eggsy.
Sofia Boutella, who plays bad girl Gazelle, established her career as a dancer, leading in three of Madonna's tours, and as a brand ambassador for Nike.

Martial artist and action choreographer Brad Allan, who worked with Vaughn on Kick-Ass, coordinated the fight sequences with a team that included a parkour champion and a break dancer

films about the Middle East."

He hasn't decided whether he'll allow his two sons – Luca, 13 and Matteo, 11 – to watch it (he also has a 24-year-old son from a previous relationship with actress Meg Tilly).

"I'm not going to publicly recommend this to anyone under 15. But it's different, because my children saw me train, and went to set and saw me backstage and saw me in the workplace, so they have a very different perspective.

And whether or not people believe it to be gratuitously violent is "a valid conversation" to be had, Firth adds

"There are fights in Punch And Judy and Shakespeare, and there's violence in war films and zombie films. There's violence of all types, and unless you believe they should be extracted from all storytelling, then it has to become a conversation about where your own threshold is," he remarks.

"Whatever that threshold is, Matthew likes to go towards the edge of it, and sit there and be provocative and outrageous but without, I



Inherent Vice

RIME DRAMA: (15)

Director: PT Anderson Starring: Joaquin Phoenix, Katherine Waterston, Josh Brolin, Owen Wilson, Benicio Del Toro, Martin Short

PAUL Thomas Anderson films are dense, textured explorations of the American Dream and whatever that might mean these

From Hard Eight to The Master, Anderson has looked at US society and its discontents but never in an obvious, didactic way. For him, it's more a matter of delving in and showing us what he finds.

In Inherent Vice he delves into Thomas Pynchon's acclaimed

Case of

novel of the same name which is set, significantly, in 1970.

It's the fag end of the hippy dream when the hopes and ideals of the flower power era have given way to a growing cynicism. The Kennedys and Martin Luther King have been assassinated, Nixon is President, Ronald Regan is Governor of California and the 'Manson family' murders have just taken place.

The moment in time is vital to Inherent Vice, placing it in a time of transition and uncertainty.

Joaquin Phoenix plays stoner and private investigator (he prioritises the two activities in that order) Doc Sportello, who

harlowstar.co.uk HSH-EO1-S2 Star, Thursday, January 29, 2015

FILM GUIDEC TO





think, any intention to horrify. I think the violence in it is comic in tone, satirical and completely silly.'

There'll be action of a different sort, when Firth starts filming Deep Water with The Theory Of Everything's director James Marsh this spring. "It's about Donald Crowhurst, who was a participant in the round the world yacht race in 1968," he explains. "But nothing's ever set in stone until it's ready to go."

Genius, on the other hand, a chronicle in which he plays Max Perkins, the book editor at renowned publisher Scribner, who oversaw works by F. Scott Fitzgerald and Ernest Hemingway, is in

The movie marks his third collaboration with Nicole Kidman, following The Railway Man and Before I Go Sleep. He grins when asked if they'll work together again. "Inevitably," Firth replies. "I think we'll go for the multiple box-sets."

 \blacksquare Kingsman: The Secret Service is released on Thursday, January 29



ODD COUPLE: Colin Firth and Taron Egerton

the stoned detective of the shack

lives in an LA beach shack and whose office is a spare consulting room at a doctor's surgery.

Doc's shambling, slacker lifestyle is shook up when his ex-girlfriend Shasta (Katherine Waterston) gets him embroiled in an investigation into the disappearance of her current boyfriend, a property tycoon called Mickey Wolfmann, which involves Nazi bikers, Black Power activists, a missing-presumed-dead surf saxophonist, a massage parlour and the Golden Fang which, as well as being a grand schooner cruising along the Californian coast, seems to be a crime syndicate using an association of dentists as a front. And all the time, hard-nosed, straight-laced LA detective 'Big Foot' Bjornsen (Josh Brolin) is on Doc's tail, trying to bust him or, at the very least, annoy the hell out of him.

Confused? You're almost certainly meant to be in this rambling, convoluted yarn which no doubt reflects Doc's perma-stoned state of mind as much as showing the complicated workings of the

Anderson trusts in Pynchon's narrative and gives us enough threads to follow Doc on his wanderings so that we can just about make sense of what's going on but it's all impressionistic rather than clear-cut which leads

to some very funny encounters and digressions. It's as if Hunter S Thompson had scripted Chinatown or LA Confidential.

Phoenix is perfect as Doc, indeed it's hard to imagine anyone else pulling off that mix of befuddled charisma and hippy charm. As an actor, he has those invaluable assets of presence and mystique which always make him fascinating to watch.

Backing up Phoenix is a strong cast with Josh Brolin and Katherine Waterston (in her first major film role) particularly outstanding. Brolin's Big Foot comes over as a jut-jawed, old-fashioned law enforcer but he's under the thumb at home and has ambitions to be a TV

star, rather like the cops in LA Confidential.

There are certainly echoes of that film, and the James Ellroy novel it was based on, in Inherent Vice, as well as classic film noirs with their conventions of gumshoes, femme fatales, corruption and deceit.

Yet, drenched in Californian sun and the hippy era hangover. Inherent Vice is more neon noir than neo noir.

Funny, involving, surprising and even disturbing at times, it shows a confident, accomplished director at the height of his powers.

Darryl Webber

RATING: Good

RT'H A WATCH



READY TO TURN: Ricky Wilson

Fancy staying in on Saturday night? Here's our TV choice

THE VOICE UK (BBC1, 7PM)
Judge Ricky Wilson took to this talent search like a duck to water. So how does it feel to be back? "It's something totally different to my day job - my Saturday job," he explains. "It creeps up on you really fast and now I'm back with Tom Jones whispering sweet nothings into my ear."

This week, it's round four of the blind auditions and Ricky,

Tom Jones, Will.i.am and Rita Ora continues their efforts to build a 12-strong team.

Emma Willis and Marvin Humes will be backstage celebrating with or offering commiserations to the contestants' families.

THE WORLD'S WEIRDEST WEATHER (CHANNEL 4, 8pm)

Britain has experienced its fair share of weird weather over the last couple of years - just ask the residents of the Somerset

However, there are some even more extraordinary phenomena taking place elsewhere around the globe, and this new series is here to explore them via amateur footage, eyewitness accounts and some remarkable experiments

The first episode takes viewers on a trip to a cave system with its own weather, and a desert in Brazil where you can go for a swim in the lagoons while admiring the sand dunes.

SPIRAL (BBC4, 9PM)

SPIRAL (BBC4, 9PM)
Although the recent arrival of actor Gregory Fitoussi in Mr
Selfridge (where he plays the exceptionally French-sounding
Henri Leclair), may have left some viewers wondering if the
actor was thinking of moving on from Spiral, the death of his
character Pierre has still come as a huge shock.
And if we're struggling to take it in, there's little wonder
Josephine feels like she's falling apart this week. Laure is also

deeply affected, but will their shared grief bring the two women closer together?

CASUALTY (BBC1, 9.20PM)

The staff at Holby are usually pretty good when it comes to working out the patients' underlying problems - this week, for example there's concern when a single father and his two children are involved in a car accident, and the dad only seems bothered about one of his kids.

But can they spot when one of their colleagues is struggling

Well, no one appears to have spotted Big Mac's money problems, although in their defence, he has been keeping quiet, preferring to pawn his prized army medal rather than tell Honey and Noel that he can't afford to make them dinner.

THE SECRET WORLD OF LEWIS CARROLL (BBC2, REGIONS VARY)

This year marks the 150th-anniversary of the publication of Alice's Adventures in Wonderland, but the children's classic shows little sign of ageing - it's been claimed that it's the third most-quoted work in English, after the Bible and the plays of Shakespeare.
But just why does the book's dreamlike logic and flights of

surreal fancy still have such a powerful hold over our imaginations?

Martha Kearney, whose own obsession with Wonderland began when she played Alice in a local village play, tries to find out by exploring the life of the author, the Reverend Charles

Dodgson, better known by his pen name of Lewis Carroll.

With the help of experts ranging from actor Richard E Grant to author Philip Pullman, she asks how a mathematics don came to capture the world of childhood.

Baby and Child of the Year is at The Harvey Centre **Harlow**

Last photo session Saturday, 31 January 10am-4pm



Our professional photographer, Paul Barsby will be on hand to take some great shots for you and your family. There is no obligation to buy but you will be required to return to view your pictures and choose your favourite picture to be entered into the competition.

A gallery featuring all your beautiful babies and children will be published on our website on Thursday, February 26 when you and all our readers will be invited to start voting for their favourite!

The child with the most votes from all the categories will be named Harlow Star Baby of the Year 2015 and receive a 20x16" canvas print of their winning picture. The winners of the remaining categories will each receive a runner up prize of a 10x12"

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ARIES MARCH 21 - APRIL 20

Exnow you don't want to spend your money where you can't reap immediate rewards, but this week you may just have to Aries. You'll find out why by Friday, if you let others speak for a change. Yeuns offers you a new attraction which, although not your usual type, is sure intrigue and inspire you. Give me a ring mov to hear how lessons from the past have brought you to a better place.

FOR WEEKLY AND MONTHLY 0911 8532 348 66p per minute

TAURUS APRIL 21 - MAY 21

From Sunday onwards you turn a corner and you finally start to feel more in control of life and the relationships you have within it. Don't tell lies to cover those already told. Close ones know more than they may be letting on. Geminis can improve your career and finances, so seek them out sooner rather than

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GEMINI MAY 22 - JUNE

Although you have not been given thanks for all of the hard work you have put into your relationship with a dose one, you will in time to come. Therefore its imperative that you don't say things you'll regret. It could come back on you if you do. Overtime on Wednesday could change everything. Richness comes from within, not without as events at this time can show that the work of the wor

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As you enter February you have a feeling of excitement as if someting really big is going to happen. Follow your instincts and don't be afraid to add your own ideas and suggestions. Changer you want to make in your life. by is going to happen. Follow your institutes and out the arrand to dud your own ideas and suggestions. Changes you want to make in your life can only be a good thing, whatever others may be saying. Call now to hear why you'll be glad if you keep your home looking presentable this week.

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LEO JULY 23 - AUGUS

Don't look back, look forward. There is a life out there waiting for you, don't you bon took back, look of water. There is a fire but there waiting for you, out you know? Your riging planet the 5cm brings out your jealous streak and you need to be careful that you don't end up accusing your close ones of things they haven't done. The danger is, they may just decide to play the role you've cast them in. Phone now so I can help you rise above any challenges.

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VIRGO AUGUST 24 - SEPTEMBER 22

Anger could well turn to passion as you start to work out that a certain person affects you whatever they do, not just when they're playing nice. Slow your pace though Virgo and don't be afraid to let others take the lead or some of the responsibilities. Don't make fun of that new acquaintance, they know a powerful face who can help you in your career. Call now for a full update.

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LIBRA SEPTEMBER 23 - OCTOBER

Family could prove harder to handle than usual but, if you can stay calm and patient until Thursday, then you should be able to find common ground from which to work. Wear what you know you look good in for luck this week and make sure you look those new faces you'll be meeting in the eye, especially friday, Give me a call to find out what those mixed messages really mean.

OR WEEKLY AND MONTHLY 0911 8532 354 66p per minute

SCORPIO OCTOBER 24 - NOVEMBER 21

Gambles which you take in love throughout this week are set to pay off in your favour, so take full advantage my friend. Someone from your past is on your mind, but the current line up suggests you're remembering them through rose coloured spectacles. From Iuesday, the stars and a new face help you learn to

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SAGITTARIUS NOVEMBER 22 - DECEMBER 20

There's no fool like an old fool as you may well discover if you let them part you from your cash this week. If you're one of the many archers who overspent at fristmast, then you'll already be worried enough as its. Jon't hide from ANY issues this week. Confronting your fears will bring good news, especially fryou do so before Ihurday. Phone now to hear how Saturu blesses new careers.

FOR WEEKLY AND MONTHLY 0911 8532 356 66p per minute

CAPRICORN DECEMBER 21 - JANUARY 20

Cheeky offers may well be accepted if you show them that smile your sign is so famous for. Don't put up the front which has made for so many setbacks in the last six weeks. Phone calls, emails and tests bring news you were about to give up on hearing. Ring now to reveal your

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AQUARIUS JANUARY 21 - FEBRUARY 19

nes, your social and helpful nature leads you to give up too much of your own time. Then you neglect your own life. You've already made up your mind about a decision you need to take and the hardest part is saying it out loud. Try on Tuesday or Thursday, when the stars will be handing you the art of

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PISCES FEBRUARY 20 - MARCH

ws of pregnancies or babies is likely to affect your week in some way. Don' down friends or family this weekend, but stick to what you've promised o arranged. It's the key to you turning a corner with the person you fell out with over Christmas, don't you think? Call now to hear why the next two months are

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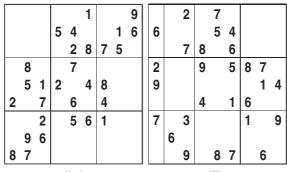


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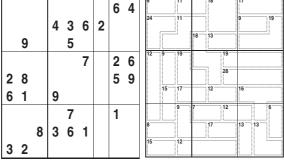
SUDOKU

Fill in the grid in such a way that every row and column and every 3x3 box contains the numbers 1-9.

Easy



Hard Killer



For Killer Sudoku, the normal rules of Sudoku apply. However, in addition, the digits in each inner shape (marked by dotted lines) must add up to the number in the top corner of the shape.

CRYPTIC CROSSWORD



- 1 An offer by journalist must be endured (6)
- 5 What doctors do before leaving
- writer (6)
- 8 Long journey back into Spinnaker Tower (4)
- 9 Tree remained, we hear, given early treatment (5.3)
- 10 Vehicle from Oueensland. Australia (6)

- 12 Concert taking place over

- 11 Comedian Ken asks for foreign article, a cinch (6)
- in Wareham or Poole (4)
- 14 Objection overturned to large plant container (3)
- 15 Likelihood of Derby Day stallions starting (4)
- 16 International body exploited mint (6)
- 18 Anxious to be difficult? (6) 20 English port's work
- feature (8)

- knocked back! It's a danger in Italy (4)
- 23 Like a seabird towards the back of the ship (6)
- 24 Bring about a result (6)

DOWN

- 2 Country where morning massage was brought back (5)
- 3 Note UK trend on the rise for noble rank (7)
- 4 Failed to pay debts -
- mistake indeed! (9)
- 5 Title is about right (3)
- 6 Collapse of trade is
- assessed (5)
- 7 Expressed resentment. though kept under control (7)
- 11 Rake over plot to receive each EU amendment (9)
- 13 Needles in right joints (7)
- 15 Felons arrange to carry ecstasy, individually (7)
- 17 Some thousand involved in WWI battle (5)
- 19 It's to do with sound mixture of coins (5)
- 21 Posh navy vessel (3)

PATHFINDER

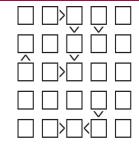
Beginning with the highlighted square, follow a continuous path to find the listed chemist's goods. The trail passes through each and every letter once and may twist up, down or sideways but never diagonally.

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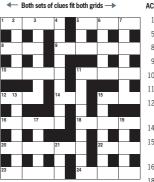
filled with the numbers 1 to 5. The same number cannot occur more than once in any line. Your only clues are the numbers given and whether a number is greater than (>) or smaller than (<) th adjacent number



The 25-second ultimate challenge from Puzzler Brain Trainer, Follow the instructions from left to right, starting with the number given to reach an answer at the end.



OUICK CROSSWORD



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Puzzler

ACROSS 24 Half of a 1 Free of hair (6) DOWN

- 5 Mildewed (6) 9 No (8)
- 10 Settlement (6) 11 Purple-red (6) 12 Active
- nimble (4) 14 Acorn tree (3)
- 7 Crafty (7) 15 Style of 11 Leave (4,1,4) window (4)
- 13 Garden herb (7) 16 Benefit (6) 15 Flood protection 18 Canvas

2 African 'river

horse' (5)

3 Triumph (7)

5 Big cup (3)

6 Downright (5)

4 Billy's mate! (5-4)

- sack (7) sun-shelter (6) 17 Do without (5) 20 Outdoors (8)
- 22 Annoys (4) 19 Late evening (5)
- 23 Epitome (6) 21 Poignant (3)

LAST WEEK'S SOLUTIONS

Totalized: EASY=90 MEDIUM=224 HARDER=67

Sudoku: Easy	Sudoku: Medium	Sudoku: Hard Sudoku: Killer	Fut
1 8 4 6 2 3 7 5 9 2 5 7 8 9 4 3 1 6 3 6 9 7 5 1 8 4 2 4 7 2 1 3 6 9 8 5 6 1 8 9 7 5 4 2 3 5 9 3 4 8 2 6 7 1 8 4 6 2 1 9 5 3 7 7 2 5 3 6 8 1 9 4	3 8 1 2 9 7 5 6 4 6 2 7 4 5 8 1 3 9 9 5 4 3 1 6 2 8 7 2 1 6 5 3 4 7 9 8 5 9 3 8 7 2 4 1 6 7 4 8 9 6 1 3 2 5 4 3 9 1 8 5 6 7 2 1 6 5 7 2 9 8 4 3	7 6 4 1 5 2 8 9 3 8 1 7 6 5 9 4 3 2 8 5 2 6 9 3 7 1 4 5 9 4 3 7 2 8 6 1 7 6 2 5 9 6 1 7 9 3 5 4 8 2 2 6 3 1 8 4 5 9 7 9 6 2 4 9 7 1 8 3 5 6 4 1 7 9 4 2 1 9 6 7 3 5 8 9 2 4 9 7 1 8 3 5 6 9 3 8 4 1 5 7 2 6 9 2 1 3 7 6 5 4 8 6 7 2 5 4 3 1 8 9 3 4 3 8 5 2 1 9 6 7 3 3 8 8 7 2 1 6 4 5 8	5 2> 3 1 2 3 1 4 4 5
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Futoshiki	Pathfinder
5 2 1 4 3	O M E C H I M E A M T M I T B E M M R Y
3 1 5 2 4	PYHMEEBEMI
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	EVOOCEMMIG





harlowstar.co.uk HSH-EO1-S2 Star, Thursday, January 29, 2015



HE Toyota Auris Hybrid was the epitome of functionality in its first generation guise. With this second generation model, Tovota has made it better looking and a far more covetable commodity, whether you go for the hatch or the Touring Sports estate

It hasn't gone soft on the environmental message though. Expect as much as 74.3mpg and as little as

What are the priorities when it comes to hybrid vehicle dynamics? In order, refinement, then refinement followed by refinement

People don't buy these cars to fling round corners or smoke the tyres away from the lights. A good hybrid hatchback should be about pure relaxation and low stress.

It should promote a calm, measured

driving style and remind the driver that the journey can be enjoyed in ways other than outbraking someone into a roundabout.

Extensive soundproofing in the engine bay, front wheel arches and dashboard has reduced engine and road noise intrusion in the cabin of the latest Auris Hybrid. The 1.8-litre VVT-i petrol engine was already one of the smoothest in its class and, with the addition of the electric motor, it's also reasonably brisk. It'll make 62mph in 10.9 seconds on the way to 112mph.

The suspension has actually been softened but that's only because the chassis is now so much stiffer and the suspension components so much lighter that you'll now get a better ride whilst improving handling as well.

Improvements have been made to the electric power steering; a more rigid

steering column attachment ensures a linear steering feel while a new control unit suppresses changes in steering force to improve linear performance.

It also helps that a high gear ratio gives greater responsiveness. The result is steering that is more direct with better feedback and quicker turning, making the Auris a good deal more agile. When operating its switchable all-electric EV mode, the Auris Hybrid generates zero CO2, NOx and particulates for distances up to 1.2 miles at speeds up to about 31mph, according to the level of battery charge and driving conditions.

Auris Hybrid buyers get to choose either a five-door hatchback bodystyle or the Touring Sports estate.

We tried the ordinary hatch and found a few aesthetic hybrid-specific styling touches. The lower grille and

lower part of the rear bumper are finished in a graphite gloss paint and the Toyota emblems on the bonnet and tailgate are finished in hybrid blue.

Hybrid logos are featured on the front wings and there is a hybrid mark on the tailgate. Other features exclusive to the Hybrid also include LED rear light clusters and new 15 and 17-inch Turbine alloy wheels.

If there's one word that keeps being repeated by those who've driven the Auris Hybrid it's 'civilised'. It changes the way you drive for the better.

Nothing seems quite so important that you need to rush. It's far more pleasant to just waft along, enjoy some radio, take in the view and use all that spare processing power in your brain that was being devoted to trying to get the drop on the next guy into driving more courteously and economically

Personally, I don't do this in a diesel car; I just keep trying to prod the turbocharger with a stick. So while a diesel might prove a little cheaper to run, if you're anything like me there are plenty of reasons why you might prefer a hybrid

Even looking beyond the hybrid running gear, this Auris brings a lot more to the party. It's a whole lot better looking than before, with much more considered detailing.

For what it's worth, the driving dynamics have improved across the range but the emphasis has been on comfort and refinement, which only serves to make the Hybrid feel even more hushed.

If you feel like dipping out of the rush hour rat race, the Toyota Auris Hybrid makes a very attractive haven. Think of it as a detox for your commute.



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	Auris, Corolla, Urban Cruiser	£135	£205	£275
	Verso, Avensis, Avensis Verso, Previa	£159	£239	£349
٥	Yaris Hybrid, Prius 1.5L	£139	£209	£269
۵	Auris Hybrid, Prius 1.8L, Prius+, Prius Plug-in	£149	£219	£279
	MR2, Celica	£129	£209	£279
	RAV4	£139	£239	£299
	Land Cruiser (Except V8)	£179	£269	£369
	Amazon, Land Cruiser V8	£259	£449	£529
	GT86	£169	£299	£579



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13/63 Peugeot 208 1.0 Active 3dr



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\$18,299 (62) Fiat 500 0.9 TwinAir Street Red, 18k
(12) Mercedes Benz C Class C63 Edition 125 Auto black, 28k. £35,999 (61) Mercedes Benz E Class 2.1 CDi Auto Estate, 56k, Grey £17,999 (11) Mercedes-Benz C 220 Cdi Sport B/E 42k, Auto, full leather, grey £15,499
(56) Mini Hatch Cooper 1.6, 3dr, 54k, black
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	(61) Nissan Note 1.6 N-TEC Auto Black, 24k	£6,999
	(61) Nissan Qashqai 2.0 dCi N-Tec 4x4, 5 dr, Auto Diesel,	28k, Black
		£14,999
	(61) Nissan Qashqui 1.5 dCi N-Tec, 5dr, red, Diesel, 33k	
	(13) Peugeot 107 1.0 Allure Silver, 24k, air con	£5,999
	(63) Renault Captur 0.9 TCE 90 Dynamique black, 16k	£12,499
	(63) Renault Captur 0.9 TCE 90 Expression+, orange, 12k	£10,999
	(12) Renault Clio 2.0 Sport 200, 23k, white	£12,299
	(63) Renault Clio 1.2 Expression+ grey, 13k	£8,999
	(60) Renault Clio 1.5 dCi Dynamique, 5dr, 28k, silver	£6,699
	(61) Renault Clio 1.2 Dynamique TomTom, 38k, red	£6,499
	(10) Renault Clio 1.5 dCi Dynamique, 5dr, 57k, blue	
	(64) Renault Clio 1.5dCi BRAND NEW PRE-REGISTERED Re	ed £13,699
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		£12,999
	(61) Renault Clio 1.6 GT Line Auto 24k, Blue	
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	7 seater MPV, Auto Diesel, 9k, Grey	£14,999
	(14) Renault Megane 1.5 dCi Dynamique TomTom, 12k, Blac	
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		Expression+ £8,999	NO DEPOSIT
99 ick			Convertible, 2dr, 12k, white£11,999
99	(11) Renault Mega	ane 1.6 Dynamique TomTo	om Grey, 44k£6,999
99	(61) Renault Scen	ic 1.6 VVT Dynamique Bro	own, 25k £8,499
99	(11) Renault Scer	nic 1.6 VVT Dynamique To	omTom Estate, 32k, Brown
99			
99	(63) Renault Trafic	2000cc LWB Diesel 24k,	white£11,499 + VAT
99			white£10,999
99	(62) Renault Twing	go 1.2 Dynamique 3 dr, red	, only 4,700 miles, style pack
99			£6,499
99			£7,499
99			ate control£12,999
99			reversing camera £8,999
er,			£7,499
99			Auto, Grey £7,499
99			E 4dr, 39k silver £8,499
ōdr		•	c, silver, FSH£11,499
99			£10,699
99		Polo 1.6 TD S EL 5dr, grey	£11,499

















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	Auris, Corolla, Urban Cruiser	£135	£205	£275
	Verso, Avensis, Avensis Verso, Previa	£159	£239	£349
	Yaris Hybrid, Prius 1.5L	£139	£209	£269
D.	Auris Hybrid, Prius 1.8L, Prius+, Prius Plug-in	£149	£219	£279
	MR2, Celica	£129	£209	£279
	RAV4	£139	£239	£299
	Land Cruiser (Except V8)	£179	£269	£369
	Amazon, Land Cruiser V8	£259	£449	£529
	GT86	£169	£299	£579



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alloy wheels, air con, remote

locking, e/windows, e/mirrors, electric hard top, CD player, 64,000 miles

2006 (56) Vauxhall Astra

Twintop 1.6

miles only

EXECUTIVE

2003 (52) Bentley Arnage 6.7 Twin Turbo, dark metallic green, light cream quilted leather, phone, sat nav, split rim wheels, 42,000 miles only, history, superb looking car, bargain, cost new £180,000

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2011 (61) BMW 730 Diesel Auto,

black, alloy wheels, climate control, cruise control, heated electric leather seats. Sat Nav. Parking sensors, one owner, remote locking, keyless start, 16,000 miles only, stunning Was £31,995 Now £25,995

2009 (59) Mercedes E350 CDi Coupe,

black, alloy wheels, climate control, parking sensors, heated electric leather seats, remote locking, e/windows, e/mirrors, cruise control, 60,000 miles **Was £19,995 Now £17,995**

2003 (03) Mercedes SL350 Auto, silver, alloy wheels, climate control, heated electric leather memory seats, cruise control, Sat Nav. narking sensors e/windows e/mirrors election hood hard top, 59,000 miles Was £13,995 Now £11,995

SALOON & HATCHBACK

2011 (61) Peugeot 3008 1.6 HDi Auto, bronze, alloy wheels, air con, remote locking, cruise control, parking sensors, e/windows, e/ mirrors, one owner, 8,000 miles only, YES 8,000

Was £11.995 Now £10.495

2011 (61) Peugeot 3008 1.6, silver, alloy wheels, air con, remote locking, cruise control, parking sensors, e/windows, e/mirrors, CD player, 21,000 miles only Was £9,995 Now £8,995

2009 (09) Ford Mondeo Zetec TDCi 5dr, silver, alloy wheels, air con, remote central locking, e/windows, e/mirrors, CD player, 47,000 miles Was £7.495 Now £6.495

2011 (61) Vauxhall Corsa 1.3 CDTi,

grey, air con, remote locking, e/windows, e/ mirrors, one owner, 39,000 miles only Was £7,495 Now £6,495

2008 (08) Mercedes A150,

black, alloy wheels, air con, remote locking, e/ windows, e/mirrors, half leather seats, CD player,

2011 (61) Renault Clio Expression 16v 5dr, black, air con, remote central locking, e/windows e/mirrors, CD player, 48,000 miles

Was £6.495 Now £5.495

2005 (05) Jaguar X-Type 2.0 Auto, blue, alloy wheels, air con, leather electric seats, remote locking, e/windows, e/mirrors, 58,000

Was £5,495 Now £4,495

2008 (08) Peugeot 308 1.4, silver, alloy wheels, air con, remote locking, e/ windows, e/mirrors, 53,000 miles

Was £4,995 Now £4,395

2006 (06) Hyundai Coupe 2.0, silver, alloy wheels, air con, leather seats, cruise control, e/sunroof, remote locking, e/windows, e/ mirrors, CD player, 33,000 miles only

SOLD Was £4,995 Now £3,995 2007 (57) Renault Megane 1.6.

blue, alloy wheels, air con, remote locking, e/ windows, e/mirrors, cruise control, CD player, 57,000 miles Was £4,495 Now £3,495

FAMILY CARS

2009 (09) Mitsubishi L200 Double Cab 2.5, grey, alloy wheels, central locking, CD player, 56,000 miles, NO VAT

SOLD Was £10.495 Now £8.995

2007 (57) Nissan Oashgai 2.0. beige, alloy wheels, air con, remote locking, cruise control, parking sensors, e/windows, e/mirrors, 42,000 miles only

Was £8,995 Now £7,995

2011 (61) Vauxhall Meriva 1.4, silver, air con, remote locking, e/windows, e/ mirrors, cruise control, CD player, 17,000 miles

only Was £7,995 Now £6,995

2011 (11) Renault Modus 1.6 Automatic.

allov wheels, air con, remote locking, helge-sinver, andy wheels, air conf. reinter locking half leather seats, cruise control, e/windows, e/mirrors, one owner, 18,000 miles only

Was £7,995 Now £6,995

2007 (57) Citroen C4 Picasso 1.6 Diesel, mauve, alloy wheels, air con, remote locking, cruise control, parking sensors, e/windows, e mirrors, CD player, 7 seater, 40,000 miles only,

Vas £7,995 Now £6,995

2011 (11) Renault Clio Estate 1.6, blue, alloy wheels, air con, remote locking, e

windows, e/mirrors, half leather seats, Sat Nav, parking sensors, 16,000 miles only, one owner Was £7,995 Now £6,495

2011 (61) Vauxhall Meriva 1.4.

beige, air con, remote locking, cruise control, e/ windows, e/mirrors, parking sensors, one owner, Windows, e/Illitrois, parking 33,000 miles only **SOLD Was £7,495 Now £6,495**

2008 (58) Ford C-Max 1.6,

blue, alloy wheels, air con, remote locking, e/ windows, e/mirrors, 49,000 miles Was £7,495 Now £6,495

2011 (60) Vauxhall Meriva 1.4

olue, air con, remote locking, e/windows, e/ mirrors, cruise control, CD player, 28,000 miles

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2007 (07) Renault Scenic 1.5 DCi,

beige, alloy wheels, air con, remote locking, cruise control e/windows e/mirrors 73 000 miles Was £4.995 Now £4.395

2006 (56) Renault Scenic 1.6,

grey, alloy wheels, air con, remote locking, e/ windows, e/mirrors, CD player, 50,000 miles only Was £4.495 Now £3.695

AUTOMATICS

2011 (61) Peugeot 3008 1.6 HDi Auto

bronze, alloy wheels, air con, remote locking, cruise control, parking sensors, e/windows, e/ mirrors, one owner, 8,000 miles only, YES 8,000

Was £11,995 Now £10,495

2011 (11) Renault Modus 1.6 Automatic,

beige/silver, alloy wheels, air con, remote locking, half leather seats, cruise control, e/windows, e/ mirrors, one owner, 18,000 miles only

Was £7,995 Now £6,995

2011 (11) Renault Clio Estate 1.6,

blue, alloy wheels, air con, remote locking, e/ windows, e/mirrors, half leather seats, Sat Nav, parking sensors, 16,000 miles only, one owner Was £7,995 Now £6,495

SMALL CARS

2010 (60) Mini One Diesel 1.6, yellow, air con, remote locking, e/windows, e/

mirrors, CD player, 40,000 miles £0 road tax Was £8,995 Now £7,995

2009 (09) Ford Fiesta 1.6 Ghia (new shape),

purple, alloy wheels, air con, remote locking, cruise control, e/windows, e/mirrors, one lady owner, 34,000 miles only

SOLD Was £7,995 Now £6,495

2011 (61) Vauxhall Corsa 1.3 CDTi. grey, air con, remote locking, e/windows, e/

mirrors, one owner, 39,000 miles only Was £7,495 Now £6,495

2011 (61) Nissan Micra 1.2 New Shape,

grey, remote locking, e/windows, CD player, ideal first car, cheaper tax & insurance, 34,000 miles

Was £6.995 Now £5.995

2011 (11) Fiat Punto 1.4 Evo.

black, remote locking, e/windows, e/mirrors, CD player, one owner, 39,000 miles only

Was £5,995 Now £4,995 2008 (08) Nissan Micra 1.2,

blue, alloy wheels, air con, remote locking, e/windows, e/mirrors, 40,000 miles only Was £6.495 Now £4.995

2007 (57) Peugeot 207 1.4, blue, air con, remote locking, e/windows, e/ mirrors, 45,000 miles only Was £5,495 Now £4,295

2006 (06) Peugeot 107 1.0.

red, remote locking, e/windows, CD player, 32,000 miles only, £20 a year road tax, ideal first car, cheap insurance
Was £4,995 Now £3,995

2007 (07) Fiat Panda 1.2.

yellow, alloy wheels, air con, remote locking, e/ windows, e/mirrors, CD player, 46,000 miles only,

SOLD Was £4,495 Now £2.995

CONVERTIBLES

2003 (03) Mercedes SL350 Auto,

silver, alloy wheels, climate control, heated electric leather memory seats, cruise control, Sat Nav, parking sensors, e/windows, e/mirrors, election hood hard top, 59,000 miles

Was £13,995 Now £11,995

2009 (09) Ford Focus CC 2.0.

bronze, alloy wheels, air con, remote locking, electric hood, e/windows, e/mirrors, parking sensors, CD player, 42,000 miles only Was £7.995 Now £6.495

2008 (08) Ford Focus 2.0 CC

red, alloy wheels, air con, electric power hood, remote locking, parking sensors, e/windows, e/mirrors, CD player, 53,000 miles only

Was £6.495 Now £5.495

2008 (08) Peugeot 207 Sport Coupe Cabriolet.

silver, alloy wheels, air con, remote central locking, power hood, heated seats, e/windows, e/mirrors, 62 000 miles

Was £5.995 Now £4.995

2006 (56) Vauxhall Astra Twintop 1.6,

blue, alloy wheels, air con, remote locking, e/ windows, e/mirrors, electric hard top, CD player,

Was £5.495 Now £4.695

2006 (56) Renault Megane Convertible 1.6, silver, alloy wheels, air con, remote locking, electric hood, e/windows, e/mirrors, CD player,

53,000 miles only Was £4.995 Now £3.995

PART EXCHANGE

2005 (05) Nissan Micra 1.2,

blue, remote locking, e/windows, CD player, 73k

2011 (61) Renault Clio Expression 16v 5dr



black, air con, remote central locking, e/ windows, e/mirrors, CD player, 48,000





£6,495 blue, alloy wheels, air con, remote locking, ewindows, e/mirrors, half leather seats, Sat Nav, parking sensors, 16,000 miles only, one owner

2011 (11) Fiat Punto 1.4 Evo



2011 (61) Vauxhall Meriva



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(53)	Citroen Berlingo Multispace Desire Estate, in blue, one owner, FSH, 40,000 miles, many extras, wheelchair ramp & lowered floor, superb condition£3495 or £15pw
(07)	Peugeot 207 1.4 S 5DR, in blue, one owner, superb condition, fitted with many factory extras, air con, CD, full electric pack and more
(55)	Mazda 3 1.6 Sakata 5DR, in blue, one owner, low mileage, FSH, immaculate condition, alloys, air con, full electric pack and much more
(08)	Renault Grand Scenic 1.6 Dynamique 7 Seater, in black, low mileage, FSH, air con, alloys, cruise/traction control and much more, superb£3695 or £16pw
(53)	Honda Civic SE, in silver, one previous keeper, service history, only 18,000 miles, superb condition, with many factory fitted extras, value£3695 or £16pw
(07)	Saab 9-3 Vector Sport Estate, immaculate through-out, with many extras including sat nav, climate/cruise control, half leather and much more£3695 or £16pw
(07)	Ford Focus 1.6 Zetec Climate Auto 5DR, in blue, superb condition, fitted with many factory extras including alloys, air con and more
(07)	Seat Altea 1.6 Stylance 5DR, in black, immaculate condition, FSH, air con, CD player, full electric pack and more , great value at only£3995 or £17pw

CARS FROM £20 PER WEEK

(55)	Volkswagen Beetle Luna Convertible, in silver, FSH, 47,000 miles from new, superb condition, air con, alloys, iPod connection, power hood£4995 or £20pw
(09)	Toyota Aygo 1.0 Blue Auto 5DR, in met blue, one owner, only 20,000 miles, main dealer FSH, very economical, just £20 RFL, great value at£4995 or £20pw
(52)	Lexus RX 300 SE 4x4 Auto, in met grey, one previous keeper, main dealer FSH, full leather heated seats, alloys, climate/cruise control and more
(56)	Volkswagen Passat SE TDi Diesel Auto, in blue, one owner, superb condition, alloys, air con, cruise/traction control, full electric pack and more£4995 or £20pw
(61)	Kia Picanto 1.0 5DR choice of 4 in black or silver, all low mileage, remainder of manufactures warranty, air con, alloys and more, RFL exempt, value from£4,995
(08)	Honda Jazz DSi SE 5DR, in grey, low mileage, FSH, superb condition, air con, alloys, abs, CD player, central locking, full electric pack and more, value
(07)	Suzuki Jimny JLX, in saturn, one owner, low mileage, FSH, immaculate condition through-out, with many factory fitted extras, value at£5295 or £22pw
(59)	Nissan Micra Acenta Auto 5DR, in black, one owner, low mileage, main dealer FSH, fitted with many factory extras, superb condition, value at£5295 or £22pw
(54)	BMW 530d SE Diesel Auto, in silver, superb condition, FSH, fitted with full leather, sat nav, parking sensors, climate/cruise control and more£5495 or £23pw
(60)	Vauxhall Corsa SXi 5DR, in met blue, one owner, low mileage, FSH, alloys, air con, full electric pack, CD, MP3 and much more, stunning value
(59)	Vauxhall Astra 1.6 Design, in silver, one owner, low mileage, half leather, air con, traction/cruise control, full electric pack and more, value
(61)	Renault Clio Expression Auto 5DR, in met grey, one owner, 19,000 miles, FSH from new, MP3, air con, abs, full electric pack, exceptional condition
(10)	Mazda 2 Sport 1.5 3DR, in silver, low mileage, one previous owner, FSH, cruise/climate control, alloys, full electric pack and more, low RFL
(07)	Mini One, in blue, low mileage, FSH, alloys, air con, CD player, push button start, full electric pack and much more, superb condition
(08)	Vauxhall Astra Sri CDTi Diesel, in silver, one previous keeper, superb condition, with alloys, air con, CD player, full electric pack and more
(07)	Volkswagen Golf Plus SE TDI Diesel, in blue, one owner, immaculate condition through-out, air con, abs, traction control, CO and more, value
(08)	Toyota Auris TR 5DR, in black, only 19,000 miles, main dealer FSH, fitted with alloys, climate control, CD, full electric pack and more, superb
(08)	Renault Megane Dynamique DCi Diesel Convertible, in silver, one owner, FSH, only 29000 miles, alloys, air con, pan sunroof and much more
(61)	Renault Grand Modus Dynamique Auto 5DR, in black, low mileage, FSH, half leather, air con, auto lights, abs, full electric pack and more
(61)	Renault Wind 1.6 Dynamique Convertible, in saturn, one owner, 20,000 miles, main dealer FSH, alloys, air con, half leather and more, superb£5995 or £25pw

CARS FROM £30 PER WEEK

(6	Peugeot Partner Tepee Outdoor HDi Diesel MPV, in grey, low mileage, FSH, fitted with many factory extras, immaculate condition throughout
(6)	0) Saab 9-3 Aero 1.9 Diesel, one owner, service history, full leather, heated seats, climate control, alloys, parking sensors, full electric pack and more
(6	1) Chevrolet Orlando LT 7 Seater Auto 5DR, in black, one owner, 20,000 miles, FSH, air con, alloys, full electric pack and more, immaculate condition
(1:	S) Skoda Fabia S TSi Auto 5DR, in met blue, one owner, FSH, 14,000 miles, with many factory extras including air con, alloys, electric pack and more
(0)	5) Lexus IS 250 SE-L Auto, in silver, one previous keeper, FSH, only 27,000 miles, full leather heated seats, cruise/climate control, alloys and more£8695 or £36pw
(0	7) BMW 320d SE Diesel Auto, in met jade, one previous keeper, low mileage, superb condition, fitted with a vast array of factory extras, value at
(1:	8) Vauxhall Corsa Limited Edition, choice of 2 white or red, one owner, FSH, 10,000 miles, high spec, black alloys, pan roof, air con, climate
(6	Peugeot 3008 Active HDi Diesel 5DR, in black, low mileage, FSH, immaculate condition, alloys, air con, CD, full electric pack and much more
(6	Peugeot 3008 Sport E-HDI Diesel Auto 5DR, in grey, one owner, main dealer FSH, alloys, climate/cruise control, parking sensors and much more
(5)	5) Volvo XC70 D5 SE Diesel Auto Estate, in mauve, one owner, main dealer FSH, low mileage, full leather, alloys, air con, cruise, abs and more
(6	Mini One Convertible, in white, one owner, main dealer FSH, fitted with a vast array of factory extras, immaculate condition through-out, superb
(6)) Honda Civic Type S GT, in silver, one owner, FSH, only 20,000 miles, immaculate condition through-out, with many factory fitted extras, superb
(6)	Volkswagen Jetta SE TDi Diesel Auto, in met blue, one owner, FSH, low mileage, low running costs, climate/cruise control, parking sensors and more
(6:	8) Flat 500 Lounge Dualogic Auto, in black, one owner, FSH, only 9000 miles, very economical, just £20 RFL, air con, Bluetooth, full electric pack

CARS FROM £10 PER WEEK

(80)	Vauxhall Vectra Design CDTI Diesel 5DR, in black, one previous keeper, FSH, half leather, air con, alloys, 6 speed, full electric pack
(56)	Toyota Yaris 1.3 T-Spirit Auto, in silver, low mileage, FSH, immaculate condition through-out, witted with many factory extras, value
(07)	Nissan Note SE DCi Diesel, in blue, one owner, main dealer FSH, immaculate through-out, air con, full electric pack, auto lights, CD and more
(11)	Mitsubishi Colt, in black, one owner, FSH, only 25,000 miles, very economical, fitted with a vast array of factory extras, immaculate condition£4495 or £18pw
(80)	Toyota Auris 1.6 T-Spirit 5DR, in blue, one owner, FSH, with extras including alloys, air con, cruise/traction control, full electric pack and more£4695 or £19pw
(10)	Nissan Micra Visia 5DR, in black, low mileage, FSH, immaculate condition through-out, fitted with a vast array of factory extras, great value at£4695 or £19pw
(59)	Citroen C3 VTR 5DR, in silver, one owner, low mileage, FSH, fitted with alloys, air con, abs, full electric pack and much more, immaculate£4695 or £19pw
(07)	Honda Jazz DSi Sport 5DR, in silver, low mileage, FSH, air con, CD player, full electric pack and more, super condition throughout
(57)	Ford Focus Zetec Climate 50R in silver one owner FSH superh condition allows air con also full electric nack and much more value \$4695 or \$19nw

CARS FROM £20 PER WEEK

	CARSTROTT EZOT ER WEEK
(08)	Seat Leon Reference Sport 5DR, in saturn, one owner, immaculate condition through-out, fitted with a vast array of factory extras, great value at
(61)	Nissan Note Tekna DCi Diesel 5DR, in silver, one owner, low mileage, FSH, only £20 RFL, sat nav, Bluetooth, half leather privacy glass and more£5995 or £25pw
(55)	BMW 1 Series 5DR, in silver, one owner, low mileage, fitted with alloys, air con, push button start, full electric pack and more, stunning condition£5995 or £25pw
(59)	Volkswagen Polo Match TDi Diesel 5DR, in silver, one previous keeper, main dealer FSH, with many factory extras, immaculate throughout
(61)	Vauxhall Corsa Excite CDTi Diesel SDR, in silver, one owner, main dealer FSH, alloys, air con, CD, full electric pack and much more, great value£5995 or £25pw
(61)	Chevrolet Cruze LT Auto 5DR, in black, one owner, low mileage, main dealer FSH, alloys, climate/cruise control, parking sensors and more£5995 or £25pw
(12)	Vauxhall Astra Sportive CDTi Diesel 125 Van, in silver, one previous keeper, FSH, immaculate condition, Bluetooth, 6 speed and more, value
(10)	Peugeot 207 SW Sport Auto Estate, in grey, one previous keeper, low mileage, main dealer FSH, pan roof, climate control, alloys and more
(60)	Kia Venga 2 5DR, in silver, low mileage, low insurance, main dealer FSH, remainder on manufactures warranty, with many factory extras, value at£5995 or £25pw
(58)	Citroen C4 Picasso VTR Plus Diesel Auto 5DR, finished in silver, FSH, alloys, air con, alarm, full electric pack, parking sensors and much more£5995 or £25pw
(60)	Vauxhall Meriva SE MPV, in blue, low mileage, FSH, with many factory extras including pan roof, air con, full electric pack and more immaculate£6495 or £26pw
(59)	Vauxhall Astra 1.6 Sri 5DR, in saturn, one owner, FSH, superb condition, with many extras including air con, alloys, full electric pack and more£6495 or £26pw
(09)	Honda Jazz i-VTEC Auto 5DR, in blue, immaculate, only 20,000 miles, service history, pan roof, climate/cruise control, full electric pack
(61)	Citroen C3 Exclusive HDi Diesel 5DR, in silver, one owner, main dealer FSH, £20 RFL, alloys, climate/cruise control, full electric pack and more£6495 or £26pw
(61)	Kia Soul 2 CRDi Diesel 5DR, in silver, one owner, low mileage, main dealer FSH, alloys, air con, full electric pack, abs, CD and more, value at
(10)	Ford C-Max Zetec Diesel, in blue, one owner, low mileage, FSH, super condition, fitted with alloys, air con, abs, CD, full electric pack and more£6995 or £29pw
(61)	Mitsubishi Lancer Gs2 DI-D Diesel 5DR, in silver, one owner, low mileage, FSH, Bluetooth, 6 speed, parking sensors, sports seats and more£6995 or £29pw
(10)	Skoda Octavia SE TSi 5DR, in silver, low mileage, main dealer FSH, 6 speed, alloys, air con, Bluetooth, full electric pack and more
(08)	Suzuki Grand Vitara 5DR Auto, in blue, low mileage, service history, alloys, climate/cruise control, CD player, full electric pack and more
(13)	Volkewagen IIn Move 1.0 in black one owner only 0000 miles FSH from new low insurance very economical air con alse CD and much more \$6005 or \$200w

CARS FROM £30 PER WEEK

(61)	Volkswagen Golf Match TDi Diesel 5DR, in white, one owner, main dealer FSH, £30 RFL, alloys, air con, abs, cruise/traction control and more£10,695 or POA
(61)	Alfa-Romeo Giulietta 1750 TBi Cloverleaf 5DR, in saturn, one previous keeper, FSH, 6 speed, half leather sports seats, climate/cruise and more£10,995 or POA
(62)	Ford B-Max Titanium 1.0 Eco Boost (New Model), in black, one owner, FSH, only 2000 miles, £30 RFL, twin sliding rear doors, Bluetooth£10,995 or POA
(58)	Audi A5 TDi Diesel Auto, finished in black, low mileage, FSH, full leather, climate/cruise control, alloys, auto lights and much more, stunning£11,995 or POA
(09)	Jaguar XJ V6 Executive Diesel Auto, in blue, one owner, FSH, sat nav, full leather electric heated memory seats, climate/cruise/traction control£11,995 or POA
(61)	Ford Galaxy Zetec TDi Diesel Auto 7 Seater, in blue, one owner, only 30,000 miles from new, FSH, fitted with an array of extras, exceptional condition£12,695 or POA
(61)	(13) Kia Sportages 1 & 2 Diesel/Petrol Manual/Automatic, choice of 8, choice of colours, all with manufactures warranty, value from£12,995 or POA
(11)	Audi A3 Sportback TDi S-Line Diesel 5DR, in blue, one owner, main dealer FSH, sat nav, full leather, Bluetooth, climate/cruise, parking sensors£13,695 or POA
(12)	Volkswagen Scirocco GT TDi Diesel Bluemotion Auto, one previous owner, low mileage, FSH, adaptive chassis control, stop start, Bluetooth£13,995 or POA
(57)	BMW X5 SE Diesel Auto 7 Seater (New Shape), in black, FSH, sat nav, leather heated memory seats, Bluetooth, parking camera, cruise control£15,995 or POA
(61)	Audi Q5 TDi Quattro SE Diesel Estate, in black, FSH, 6 speed, full leather, climate/stability/cruise control, alloys, parking sensors and more£16,995 or POA
(11)	Mitsubishi Shogun Elegance Diesel Auto LWD 7 Seater, in black, one owner, FSH, full leather heated seats, sat nav, Bluetooth, parking camera£17,995 or POA
(12)	Isuzu Rodeo TD Denver Max LE Diesel Pick-up, in black, one owner, 7000 miles, FSH, crew cab, full leather heated seats, sat nav, Bluetooth£17995 +VAT or POA



Totally Trade Direct

34 Rye Street, Bishop's Stortford, Hertfordshire, CM23 2HG

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kia.co.uk

Pro-Cee'd 1.4 VR-7 Special Edition 3 door

Cash price on the road inc 3 years servicing plan DEPOSIT KEN BROWN MOTORS PAY THIS FOR YOU	£14,900.00
Amount of credit	
Total interest charges	£2321.98
Interest rate (fixed for duration of agreement)	4.58%
Representative	8.9% APR
36 monthly payments of	£292.43
1 final payment of	£4,544.50
The guaranteed future value is	£4,544.50
Total amount pauable inc. deposit	£17,221.98
Duration of agreement	37 months

Rio 1.25 Special Edition VR-7 5 Door, White

Cash price on the road inc 3 years servicing plan	£12,195.00
DEPOSIT KEN BROWN MOTORS PAY THIS FOR YOU	£1,225.00
Amount of credit	
Total interest charges	£2008.44
Interest rate (fixed for duration of agreement)	4.58%
Representative	
36 monthly payments of	£249.54
1 final payment of	
The guaranteed future value is	£3,995.00
Total amount payable inc. deposit	£14,203.44
Duration of agreement	37 months

Kia Venga '1' Air Ecodynamics 1.4 Petrol 5 Door

Cash price on the road DEPOSIT KEN BROWN MOTORS PAY THIS FOR YOU	£13,085.00 £1,500.00
Amount of credit	£11,585.00
Total interest charges	£2062.06
Interest rate (fixed for duration of agreement)	4.58%
Representative	
36 monthly payments of	£274.96
1 final payment of	£3,748.50
The guaranteed future value is	£3.748.50
Total amount pauable inc. deposit	£15,147.06
Duration of agreement	37 months

QUALITY USED CARS AT GREAT PRICES

£3,495	5 to £8.000 SALE	PRIC
10 (50)	VIA DICANTO 1.0 5D000'1'. White Only Covered 14 000 Miles From New \$20.00 Per Year Read Tay Rewer Steering Electric Win	odowi
10 (10)	Remote Central Locking Cd/Mp3 Plager Kia Warranty Until 02/2017 KIA PICANTO 1.1 STRIKE AUTOMATIC 5DOOR, Red Only Covered 5,000 Miles From New Air Conditioning, Electric Windows, Remoterital Locking Cd/Mp3 Plager Kia Warranty Until 03/2017 KIA RIO 1.4 DOMINO PETROL AUTOMATIC 5DOOR, Black 32,000 Miles Only Miles, Air Conditioning, Electric Windows, Remote Cellocking Kia Warranty Until 03/2018 Locking Kia Warranty Until 03/2018 See Control Locking Kia Warranty Until 03/2018 Remote Cellocking Kia Warranty Until 03/2018	4,49
10 (10)	Central Locking Cd/Mp3 Player Kia Warranty Until 193/2017.	5,99
11 (61)	KIA RIO 1.4 DOMINO PETROL AUTOMATIC 5DOOR, Black 32,000 Miles Only Miles, Air Conditioning, Electric Windows, Remote Cer	ntral
09 (59)	FORD FOCUS 1.6 ZETEC 5DR, Met Blue, 32,000 Miles, Air Conditioning, Alloys, Electric Windows, Remote Central Locking£	6.79
10(10)	SEAT ALTEA 1.6 DIESEL 'S' 5DOOR, Grey 26, 000 Miles Dual Zone Climate Control Air Conditioning Remote Central Locking With	
£8.001	Deadlocks, Electric Windows	
12 (62)	DELICENT 308 DIESEL 1.6 HDI 92 ACCESS 5DP. Mot Blue, 24 000 Miles Air Conditioning Florthic Windows	
12 (62)	All Round Driver, Passenger and Curtain Air Bags, Remote Central Locking. KIA PLANTO 1.25 SDOOR, China Blue 11,000 Miles Air Conditioning, Bluetooth, Alloy Wheels, Electric Windows, Remote Central Locking.	7,99
12 (62)	Locking Cheap Road Tax Kia Warrantu Until 09/2019	7,99
11 (61)	Locking Cheap Road Tax Kin Marantity Unit 09/2019 induction, and of submitted that the control of the control o	
09 (09)	Air Conditioning, Remote C/Locking	.7,99
	CHEVROLET CĂPTIVA 2.0 LT VCDI DIESEL 4X4, Silver 33,000 Miles, Air Conditioning, Alarm, Alloys, Front Fog Lights, Driver/ Passenger/Curtain Air Bags	8,99
13 (63)	KIA RIO 1.1 DIESEL '1'AIR 5DOOR, Silver 8,000 Miles Only Miles, Air Conditioning, Bluetooth, £30.00 Per Year Road Tax, Electric	9 49
13 (63)	KIA VENGA 1.6 AUTOMATIC '2', Silver 17,000 Miles Reversing Sensors Special Alloy Wheels, Air Conditioning Remote Central Loc	king,
12 (62)	KIA HID 1.1 DIESEL 17 INF SDUOR, SINGER 8:000 Miles Only Miles Are Conditioning, Bluetooth, E. 30.00 Per Year Road Lax, Electric Windows, Remote Central Locking Kie Warrartig Until 12/2020. KIA VERKGA 1.6 AUTOMATIC 2; Silver 17:000 Miles Reversing Sensors Special Allow Wheels, Air Conditioning Remote Central Loc Electric Windows Kie Warrartig Until 09/2020. HYUNDAI 120 ACTIVE SDIR AUTOMATIC, Silver, 7:000 Miles Only, Air Conditioning, Front Fog Lamps, Heated Door Mirrors, Alloy Wheels, Noder Hyundai Warrartig Until 09/2018. KIA PICANTO 1.25 3" TOP OF THE RMIGE SDIR, Silver, Under 200 Miles, Climate Control, Air Con, Alloy Wheels, Electric Windows, Bluetooth Front Fog Lamps, Kia Warrartig Until 03/2021. Electric Windows, Bluetooth Front Fog Lamps, Kia Warrartig Until 03/2021.	9,49
13 (03)	Allou Wheels, Under Huundai Warrantu Until 109/2018	9.99
14 (14)	KIA PICANTO 1.25 '3' TOP OF THE RANGE 5DR, Silver, Under 200 Miles, Climate Control, Air Con, Alloy Wheels,	
13 (63)	Electric Windows, Bluetooth, Front Fog Lamps, Kla Warranty Until US/2021	.9,99
	KIA RIO 1.4 5DR '2', Ex Demo, Met Blue, 3,000 Miles, Air Conditioning, Alloys, Bluetooth, Front Fog Lamps, Electric Windows, Kia Warranty Until 09/2020£1	0,48
	KIA RIO 1.25 5DOOR VR7, White Delivery Mileage Only Miles Reversing Sensors, Air Conditioning, Bluetooth, Alloy Wheels, Elect Windows, Brand New But Registered Kia Warranty Until 09/2021 £1	10 40
14 (14)	KIA RIO 2' 5DR, Met Red, Only 3,000 Milvs, Alloy Wheels, Air Conditioning, Electric Heated Mirrors, Electric Windows,	0,43
14 (14)	VII AUX S Is all use work earlies were view validating on the 97.672 and the state of the state	0,99
14 (14)	Central Locking, Electric Windows Kia Warranty Until 03/2021	0,99
12 (62)	NISSAN JUKE 1.6 TEKNA 5DR, Met Red, 17,000 Miles, Sat Nav, Reversing Camera, Alloy Wheels,	10.00
10 (10)	Central Locking, Electric Windows Kia Warranty Unitil 03/2021	11,75
£12,00	01 to £21,750 SALE	PRIC
13 (13)	KIA CEE'D 1.6 DIESEL ESTATE S/W '2' AUTOMATIC, Black, 13,000 Miles, Rear Parking Sensors, Electric Windows,	12.00
11 (11)	Electric Mirrors, Air Conditioning, Remote CENTRAL Locking, Alloys	rior
	Bluetooth, Front Fog Lamps Kia Warranty Until 08/2019	3,99
14 (14)	KIA CARENS 1.6 PETROL 7 SEATER MPV 5DR, Celestial Silver, 2,000 Miles Unity, Bluetooth, Electric Windows And Mirrors, Permote Central Locking Kia Warrantu (Intil 03/07) • 1	4 49
12 (12)	RIA CARRENS TO 8 PET INDLY 7 SEALER MEY 2 SUR, CRIESCIAL SINEY, 2000 MIRES ONLY, BIRLECTOWN PART WITHOUT SHEET WIT	ЭΓ,
14 (14)	Bluetooth, Front Fog Lamps Kia Warranty Until 11/2019. £1 VIA VENIGA 1 GALTOMATIC 2. Sizus Silver 4 000 Miles 7" Set New Screen And Deversing Campers, Special Allow Wheels, Climate	5,49
14 (14)	KIA SOUL 1.6 DIESEL AUTO (NEW MODEL) CONNECT PLUS, Titanium Silver, 400 Miles Only, Alloys, Climate Control, Fog Lamps, 7" Screen Sat Nav with Reversing Camera, Remote Central Locking	16.20
13 (62)	FOG LATIPS, 'S CHEM SAL WAV WITH REVEISING CATTER A, NETHOLE CERTUAL COCKING. Special Allow Wheels.	0,25
	KIA SPORTAGE 1.7 DIESEL '3' 2WD, MET ORANGE, 27,000 Miles, Panoramic Glass Sunroof, Special Alloy Wheels, Bluetooth, Full Leather Interior, Cruise Control, Climate Control, Under Kia Warranty Until 01/2020	7,49
13 (13)	KIASPORTAGE 2.0 PETROL KX-2 ALIW 4X4, Met Blue, 10,000 Miles, Panoramic Glass Roof, Half Leather Interior, Bluetooth, Allou Wheels, Cruise Conditioning, Kia Warrantu Lintil 03/2020	7 49
14 (64)	Alloy Wheels, Cruise Control, Air Conditioning, Kia Warranty Until 03/2020	oth,
10 (10)	Special Alloy Wheels, Climate Control, Kia Warranty Until 09/2021. LAGUAR XF.3.0 IEEE, AUTOMATIC PREMIUM, Met Grey, 34,000 Miles, 6" Sat Nav Screen, Full Leather Interior, Climate Control, Alloy Wheels, Heated Front Seats, Cruise Control £1	8,99
10 (10)	Climate Control, Alloy Wheels, Heated Front Seats, Cruise Control	18,99
14 (14)	KIA OPTIMA 1.7 DIESEL AUTOMATIC, Silver, Only 4,000 Miles, Ex Demo Car, Alloy Wheels, Climate Control, Air Conditioning,	
14 (14)	Leather Interior, 7" Sat Nav Screen And Parking Camera, Under Kia Warranty Until 03/2021£1 KIA SPORTAGE 2WD 1.7 DIESEL '3', Silver 11.000 Miles 7" Sat Nav Screen And Reversing Camera, Special Allou Wheels, Climate C	.9,99
	KIA SPORTAGE 2WD 1.7 DIESEL 3', Silver 11,000 Miles 7" Sat Nav Screen And Reversing Camera, Special Alloy Wheels, Climate (Panoramic Glass Roof, Leather Interior, Kia Warranty Until 06/2021.	20,99
14 (64)	KIA SPORTAGE 2WD 1.7 DIESEL '4', Met Gunmetal 4,000 Miles 7" Sat Nav Screen And Reversing Camera, Panoramic Glass Roof. Leather Interior, Special Alloy Wheels, Climate Control, Kia Warranty Until 09/2021.	
14 (64)	KIA SORENTO 2.2 DIESEL AUTOMATIC 4WD DIESEL 'KX-3', Black 4.000 Miles 7" Sat Nav Screen And Reversing Camera, Special A	Allou
	Wheels, Climate Control Panoramic Glass Roof, Leather Interior, Kia Warranty Until 09/2021	en ac

KIA APPROVED USED CARS

Come with 7 year/100,000 mile warranty starting the day you take delivery plus 12 months Kia Assist plus 1 years MOT Test Cover.

,	
14 (14) KIA PICANTO 1.0 '1' 5DOOR 5 SPEED MANUAL, MET RED UNDER 10,000 MILES	REMOTE CENTRAL
LOCKING, ELECTRIC WINDOWS CD/MP3 PLAYER £30.00 PER YEAR ROAD TAX.	£7,295
14 (63) KIA SOUL 1.6 PETROL 5DR, MET SILVER WITH UNDER 50 MILES FROM NEW, AIR	R CONDITIONING,

ELECTRIC WINDOWS, REMOTE CENTRAL LOCKING, A GREAT SAVING ON NEW £9

14 (14) KIA VENGA 1.4 DIESEL '2' 6 SPEED MANUAL, MET BLACK UNDER 12,000 MILES SPECIAL ALLOY
WHEELS, AIR CONDITIONING REMOTE CENTRAL LOCKING, ELECTRIC WINDOWS £30.00 PER YEAR

14 (63) KIA CEE'D 1.6 PETROL 6 SPEED '2', MET GUNMETAL GREY, 12,000 MILES, AIR CONDITIONING, REVERSING SENSORS, ELECTRIC WINDOWS, REMOTE C/LOCKING, ALLOYS, IPOD AND USB CONNECTION.

14 (63) KIA CEE'D 1.6 PETROL 6 SPEED '2', MET PLANET BLUE, 12,000 MILES, AIR CONDITIONING, REVERSING SENSORS, ELECTRIC WINDOWS, REMOTE C/LOCKING, ALLOYS, IPOD AND USB CONNECTION.

14 (63) KIA CEE'D 1.6 DIESEL '2' S DOOR, SILVER, AIR CONDITIONING, REAR PARKING SENSORS, ALLOYS, ELECTRIC WINDOWS AND MIRRORS, ONLY £30.00 PER YEAR ROAD TAX. 14 (14) KIA CEE'D 1.6 PETROL 6 SPEED '2', MET GUNMETAL GREY, 13,000 MILES, AIR CONDITIONING, REVERSING SENSORS, ELECTRIC WINDOWS, REMOTE C/LOCKING, ALLOYS,

BLUETOOTH

14 (14) KIA CEE'D 1.6 DIESEL '2' 5DR AUTOMATIC, GUNMETAL GREY, 13,000 MILES, AIR CONDITIONING, REAR PARKING SENSORS, ALLOYS, ELECTRIC FOLDING MIRRORS, CHEAP ROAD TAX.

14 (14) KIA CEE'D ESTATE 1.6 DIESEL '2' 5DR S/W 6 SPEED, GUNMETAL GREY, 12,000 MILES, AIR CONDITIONING, REAR PARKING SENSORS, ALLOYS, ELECTRIC FOLDING MIRRORS,

14 (14) KIA CEE'D 1.6 PETROL 6 SPEED '3', MET INFRA RED, 12,000 MILES, 7" SAT NAV SCREEN, CLIMATE CONTROL, AIR CONDITIONING, REVERSING CAMERA, ALLOYS, IPOD AND USB CONNECTION.

IPOD AND USB CONNECTION

14 (14) KIA CEE'D 1.6 DCT '3' 5DR AUTOMATIC, PLANET BLUE, 12,000 MILES, CLIMATE, AIR CONDITIONING, 7" SAT NAV SCREEN AND REVERSING CAMERA, ALLOYS, ELECTRIC FOLDING MIRRORS, BLUETOOTH

14 (14) KIA CEE'D 1.6 PETROL DCT 5DR AUTOMATIC, WHITE ONLY 6,000 MILES, ALLOY WHEELS, FRONT FOG LAMPS CLIMATE CONTROL AIR CONDITIONING, 7" SAT NAV SCREEN AND PARKING CAMERA, BLUETOOTH.

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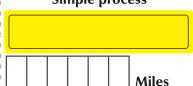








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£4.695

2006 (56) BMW X3 2.0 DIESEL SE (FACELIFT MODEL) STEEL GREY METALLIC WITH ANTHRACITE TRIM, 59,000 MILES, SERVICE HISTORY, ALLOYS, ROOF RAILS, RADIOICD WITH AUX SOCKET,

CRUISE CONTROL, FRONT & REAR PARKING SENSORS, AIR CONDITIONING, ISO-FIX CHILD CARE SYSTEM, EXCEPTIONAL CONDITION

2009 (59) VOLKSWAGEN GOLF 1.6 TOLSE 5 DOOR, METALLIC SUIVER, 51,000 MILES, SERVICE HISTORY, AIR CONDITIONING, ALLOY WHEELS, CRUISE CONTROL, SAT NAY, CD PLAYER, ABS.

2009 (89) WOLSSMAREH GOLT 16 ID SE 5 DUOR, METALLIC SILVER, 51,000 MILES, SERVICE HISTORY, ARK CONDITIONING, ALLOY WHELES, CRUDSE CONTROL, SAI NAY, CD PLAYER, ARS, 280 YEAR ROAD TAX, AVERAGE 61MPG.
2010 (10) FORD FOCUS 1.6 TOCI TITANIUM, 5 DOOR, OCEAN BLUE METALLIC, 32,000 MILES, ONE OWNER, FULL FORD SERVICE HISTORY, ARR CONDITIONING, ALLOYS, CD PLAYER, HAZEDS.

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2004 (54) MERCEDES BENZ C 220 COI LEGANOE SE AUTOMATIC GRANTE GREY METALLIC, BLACK CLOTH TRIM, 73,000 MILES, FULL SERVICE HISTORY, AIR CON, CRUISE CONTROL, ABS,
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2007 (57) VOLKSWAGEN GOLF 1.4 \$ 5 DOOR, METALLIC GREY, 42K, SERVICE HISTORY, AIR CONDITIONING, ALLOY WHEELS, CD PLAYER, ABS, ELECTRIC WINDOWS, CENTRAL LOCKING, ARBAGS.

2004 (54) FORD FIESTA 1.2 LX 3 DOOR, LIGHT BLUE METALLIC, 60,000 MILES, SERVICE HISTORY, CD PLAYER, ELECTRIC WINDOWS, CENTRAL LOCKING, AIR BAGS, EXCELLENT EXAMPLE

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2011/11	ALTO SZ4 5DR BLACK, 31,000 MILES	£4,995
2009/59	BLACK, 31,000 MILES SUZUKI SWIFT 1.3 DDIS 5DR SUNLIGHT COPPER 36,985 MILES.	£5,495
2011/11	ALTO SZ4 AUTOMATIC 5DR BLACK, 15,000 MILES	
2010/10		
2013/13	SPLASH 1.0 SZ2 5DR SUPERIOR WHITE, 8,500 MILES	
2013/13	SPLASH 1.0 SZ3 5DR BRIGHT RED, 4,986 MILES	
2011/11	SWIFT 1.2 SZ4 5DR AUTOMATIC KASHMIR BLUE, 25,679 MILES	
2012/12	SWIFT 1.2 SZ4 5DR BRIGHT RED, 14,069 MILES	
2013/13	SWIFT 1.2 SZL 3DR GALACTIC GRAY, 17,000 MILES	
2012/12	SWIFT 1.6 SPORT 3DR SILKY SILVER, 33,251 MILES	
2012/12	SWIFT 1.6 SPORT 3DR METALLIC RED, 38,259 MILES	
	SWIFT 1.2 SZ4 3DR GALACTIC GRAY, 4,000 MILES	£9,295
2014/63	SUZUKI SWIFT 1.2 3DR WHITE, 2,813 MILES	£8,395
2013/63	SUZUKI SWIFT 1.2 SZ4 3DR COSMIC BLACK 10,125 MILES	
2013/13	SPLASH 1.2 SZ4 AUTOMATIC 5DR SILKY SILVER, 9,000 MILES	£8,995
2014/14	SWIFT 1.2 SZ4 5DR SUPERIOR WHITE, 10,756 MILES	
2014/14	SWIFT 1.2 SZL 3DR COSMIC BLACK, 8,950 MILES	£9,495
2010/10		
2014/64		
2014/14	SWIFT SPORT 3DR METALLIC WHITE, BARCODE ROOF, 7,000 MILES	£12,000
,	SX4 S-CROSS 1.6 SZ3 WHITE, 7,360 MILES	£12,495
2013/63	SX4 S-CROSS 1.6 SZ-T BLACK, 8,178 MILES	
2013/63	SX4 S-CROSS 1.6 SZ-T GREEN, 9,774 MILES	£13,995
2014/14	SX4 S-CROSS 1.6 DDIS SZ4 WHITE, 9,983 MILES	
2014/63	SX4 S-CROSS 1.6 DDIS SZ-T GREEN, 11,068 MILES	£16,795



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1	2013/63	SUZUKI GRAND VITARA DDI-S BLUE, 15,972 MILES	£17,395
	2013/13	SX4 S-CROSS 1.6 DIESEL SZ5 ALL GRIP WHITE, 11,004 MILES	£17,750
	2014/14	SX4 S-CROSS 1.6 DDIS SZ5 BLACK, 11,882 MILES	£18,000
	2013/63	SX4 S-CROSS 1.6 DIESEL SZ5 ALL GRIP SILVER, 13,110 MILES	£18,000
	2014/14	SX4 S-CROSS 1.6 DIESEL SZ5 ALL GRIP WHITE, 9,151 MILES	£19,500
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2008/08		
2008/58	FORD FIESTA 1.4 TITANIUM 3DR METALLIC RED, 39,516 MILES	
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2012/62	MINI ONE COUNTRYMAN RED, 9,023 MILES	
2013/13	NISSAN JUKE NISMO DIGIT 4X4 AUTOMATIC BLACK 19,831 MILES	
2013/13	MINI COOPER S COUNTRYMAN 22,985 MILES	
2013/63	VOLVO C60 D5 SE AWD DIESEL AUTO BLACK, 20,700 MILES	
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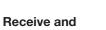
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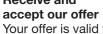
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el: 01279 600000 or enquiries@CCR paperrolls.co.uk

STCLARE

Lottery Canvasser

We are looking to appoint enthusiastic, self motivated door to door lottery canvassers. You will be an ambassador of St Clare promoting the

St Clare Hospice Lottery. In return for helping us increase our lottery income, you will be rewarded with attractive commission rates and the opportunity to contribute to the growth of the charity supporting local people.

Closing date: 15 February 2015

For full information, job description & application form, please visit:

stclarehospice.org.uk/recruitment.html

No agencies please. Registered Charity No. 1063631

Spin Doctor UK Ltd looking for Multi Skilled Domestic Appliance Engineer.

Must have experience, gas safe preferred but not essential Salary 24K - 32K depending on experience

Call Scott 07540 268236/01279 310793 or email: enquiries@spindoctoruk.co.uk

The Hand and Crown

TRAINEE CHEF

ves working week days enings and weekends. 01279 725892 **CUFFLEY MOTOR COMPANY**

require

Technician / MOT Tester

Ring Jamie on 01707 878920 or 07956 438787

FULL-TIME Recruitment Organiser

East Anglia and Home Counties

TBF is the leading UK passenger transport membership charity, providing a wide range of benefits to over 44,000 members and their families. During the last year we have recruited nearly 7,500 new members and provided over £1.5 million in benefits.

We are seeking to recruit an additional full-time recruitment organiser to spearhead our continued growth in East Anglia and the Home Counties. Initially the post will be on a one year fixed term, salaried contract basis, at the end of which we hope to be in a position to transfer the post holder to a permanent contract.

In return for a competitive package, we expect the successful candidate to have excellent communication skills with the ability to sell the benefits of TBF membership to all levels of operational staff up to board level. A sales background would be an advantage and you must have your own transport with a full, clean driving licence. You will be expected to work a flexible 35 hour week.

Applications with covering letter and full CV to John Sheehy, General Manager, Transport Benevolent Fund, New Loom House, 101 Back Church Lane, London E1 1LU, or email help@tbf.org.uk

Closing date for applications: Friday 20th February 2015. Interviews to be held in London.



Benevolent **Fund**

0300 333 2000 help@tbf.org.uk www.tbf.org.uk



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We are looking for hard-working, career-minded people who want to work for a company that will value, respect and train them well. We offer:

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- Work for a market leading company Great working environment

If this opportunity excites you then don't hesitate, contact us at: wendy.hart-wilson@elmsbedford.co.uk If however, this is not for you but may suit someone you know, then please make them aware.

We look forward to hearing from you, or someone you know

Elms Bedford | Elms Cambridge | Elms Stansted www.elmsbmw.co.uk





Marketing Assistant

Are you keen to learn more about local media both in print and online?

Local World's South East Marketing department are recruiting for a Marketing Assistant, based at our modern offices in Tunbridge Wells. Local World is the exciting media business reinvigorating local news in print, online and mobile, reaching an audience of over 6 million people every week

This is a rare opportunity to learn marketing skills right from the start. Previous experience is not essential, but we require strong computer skills including Microsoft Excel. PowerPoint and Outlook

The successful candidate will have commercial appreciation with the ability to create persuasive presentations for our readers and clients. They will be able to research areas of company interest using internal and external

resources, analyse their findings, and harness them to write punchy copy. They will be a skilled social media communicator, and comfortable with new technology so they can learn to use our design and website-editing software. They will have precise attention to detail and be ready to double check their facts and figures.

In return we offer a salary of £14,000 per annum, 25 days' holiday and, after a qualifying period, a contributory pension and company healthcare scheme

To apply please request an application pack by calling 0116 2224538 quoting reference MKT115.

Closing date: midday on Monday, 9th February 2015 Courier

Chronicle

Gazette

Herald

Express

TIMES

Surrey Mirror

CHARBON TARBLINE

Courier.

News

kingandLeatherhe Advertiser.co.uk

Gazette

CHRONICLE

MERCURY

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OBSERVER

MERCURY

Weston Homes Pic are highly successful property developers based in Takeley,

Due to our continued expansion, the following positions have become available.



Operations Manager

Weston Logistics supply plant, equipment and materials to all Weston Homes developments

The Operations Manager is responsible for the amooth operation of the Weston Logistics subsidiary business. The role also includes developing cost control, analysis and reporting systems and strategic planning of plant, equipment, naturials and resources to meet future growth plans.

Previous plant management experience is essential and knowledge of warehousing, distribution and stock control would be an adventage. Leadership/management capability are important together with strong communication skills and sound financial acumen

International Buyer

Weston Homes continually strive to enhance their specification by researching and sourcing products directly from the Far East

The International Buyer is responsible for purchasing and supplying flatures/materials, ensuring a consistent supply to meet domand. As well as buying in existing flatures, the role includes exploring new products and suppliers to

The successful candidate would ideally have previous experience in a similar role and a relevant degree is desirable however, role specific training can be provided. The ability to speak Mandarin is easurated and Candonese would also be useful. A good outural understanding and some familiarity with business practices in the Far East would be beneficial. Albertion to detail, storig communication skills and a methodical mind set are key. The role may include

Part Time Engineering Workshop Caretaker

The Engineering Workshop Caretaker's main duties will be to organise and maintain a new motor vehicle engineering, fabrication and machine shop.

The role will include organisation of the workshop, including racking and sorting of fixings, tooling & parts and stock taking of materials. Once the workshop is organised, the role will include maintenance of machines, purchasing, tidying and continued organisation of the workshop.

The successful candidate will have experience and understanding of various engineering machines and tooling. Experient attention to detail and organisational skills are key to the role. Candidates must be flexible, reliable and able

The hours are 16-20 per week and the ideal candidate will be able to work occasional Saturdays when required

Bespoke Cabinet Maker

The Bespoke Cabinet Maker will design and create bespoke furniture for sales suites and show homes.

The successful candidate must be able to transfer concepts into workable furniture and be confident producing quality items to set time/names. Previous cabinet making experience is essential and the ability to work independently and excellent organisational skills are also key.

If you would like to enjoy the extensive range of benefits we offer including, Life reurance, Private Healthcare and Compan Pension Scheme, please email your CV together with a covering letter detailing your salary expectations to our HR Teem by: Thursday 12th February 2015



Weston Homes Pla Parsonage Road Takeley Essex, CM22 6PU

homes.com



print I online I mobile





"Providing high quality education, care and health services for young people with epilepsy, autism and complex needs"

Much Hadham, Herts SG10 6EW

St Elizabeth's Centre includes a Residential Special School and a Children's Home, providing care and education for children and young people with moderate and severe learning disabilities and associated complex needs, offering a specialism in Epilepsy.

We have entered an exciting period and are looking to employ individuals who have enthusiasm, along with excellent skills in communication and team working. If you looking for a rewarding career and are committed to enabling pupils to develop the skills needed to move into as independent lifestyle as possible, then we would like to hear from you.

You would be working a variable shift system, late and early shifts; 5 days in 7, and one weekend in two. Applicants must be aged 23 or over to apply.

Residential Learning Support Assistant

£18,953 -£19,624 per annum

Helping to support and assist children and young people in all aspects of their day to day life, leisure & learning, and working in a classroom supporting all areas of the curriculum. Prior experience essential.

You will need to have one of the following either (A) NVQ/QCF Level 3 in Health and Social Care or (B) NVQ Level 3 in Supporting Teaching and Learning in Schools. Applicants with only one of these qualifications will be required to undertake a second Level 3 award (from the list above) to achieve dual qualification during the first year in post.

Trainee Residential Learning Support Assistant £17.334 per annum

Join our team as a Trainee RLSA. You will be required to undertake Children's and Young Peoples Workforce Level 3 Diploma and NVQ Level 3 in Supporting Teaching and Learning in Schools; to be completed within 2 years of commencement of employment.

£15,953 - £17,334 per annum

Ideally you will have prior experience of providing care and support to children and/or vulnerable people and hold a relevant Level 3 qualification, although this is not essential.

We offer an excellent range of staff benefits including Optional childcare vouchers, and Contributory pension scheme. For full details, and to apply please visit www.stelizabeths.org.uk or call 01279 843451.

Closing Date: 12 February 2015 5pm Interviews: 23 & 24 February 2015

St Elizabeth's Centre is committed to safeguarding and promoting the welfare of all children and adults who use our services and expects all staff to share this commitment. All posts are subject to enhanced DBS clearance. We are an equal opportunities employer committed to diversity and we welcome applications from all parts of the community.

Registered Charity 1068661





Careers Event

Stevenage

MBDA, Six Hills Way, Stevenage, Hertfordshire SG1 2DA**

Saturday 7th February 2015 - 10am to 2pm

MBDA, a world leader in missiles and missile systems, is a multinational group with 10,000 employees across the UK, France, Italy, Germany, Spain and the United States. With some of the most sophisticated technology in defence, we are always looking to expand our current talent base and have a range of opportunities available for

Experienced Engineers & Business Professionals within the UK.

We offer excellent benefits including flexible working, paid overtime*, a comprehensive pension scheme, discounted private healthcare, sporting activities, superb learning and development opportunities, and more...

Please visit our website

www.mbdacareers.co.uk to see if our current opportunities are a relevant match to your skill set prior to attending.

Entry requirements:

- PHOTO ID WILL BE REQUIRED FOR ENTRY ON THE DAY
- Children under the age of 16 will not be permitted
- Please ensure you bring along an up to date hard copy of your CV with you on the day. • Relocation assistance may be offered as part of the
- package (subject to terms and conditions). Please note that in order to apply for MBDA UK opportunities you will need to be eligible for SC
- (Secret Level) UK Security Clearance.



Pear Tree Mead Academy Harlow, Essex, CM18 7BY

Tel: 01279 836181. Email: admin@peartreemead.essex.sch.uk

Pre-School Staff & **Classroom Teaching Assistant Roles**

Band 2/3 depending on experience Required April 2015

Pear Tree Mead Academy is looking to appoint enthusiastic, hardworking, experienced staff to help open a new 16 place Pre-School Provision at Pear Tree Mead Academy at Easter. We currently already run a successful 52 place Nursery as part of our school.

We can offer:

- a newly refurbished learning environment specifically designed for 2 year olds
- a friendly and welcoming school where children love our purposeful curriculum
- a caring school with fantastic grounds and eco-friendly beliefs
- · a fun and committed team of teachers who work successfully together.

We are looking for the following staff:

A Pre-school Leader to run our Pre-school

Band 3 Point 21- 25 (£9,329.00-£10,464.00) depending on experience 20 hours per week

Term time only 8.30am - 12.30pm (Monday-Friday)

Educated to a minimum level 3 in Early Years and Childcare (or equivalent) is essential. Please note a Health & Social Care qualification is not considered

Duties to include:

- lead the planning, monitoring and evaluation for the pre-school
- ensure the pre-school meets the requirement of the Early Years Foundation Stage and Ofsted registration and inspection criteria at all times
- set a visible leadership example to staff, children and their families, and the wider community
- motivate and lead a team of early years practitioners in the delivery of best possible practice to meet the needs of parents/carers, children and families
- · to lead the implementation of an effective parent/carer liaison programme, ensuring regular communication and interaction with parents/carers, including events such as parents evenings and news letters
- to lead a safe and acceptable standard of practice in accordance with the school principles, policies and procedures. This will include safeguarding and child protection procedures.

Pre-School Assistants x2

Band 2 Point 11-14. £5,852.00 - £6,241.84 depending on experience Term time only 8.45am - 12.00 noon or 9.00am - 12.15pm (Monday-Friday)

Educated to a minimum Level 2 in Early Years and Childcare (or equivalent) is essential. Please note a Health & Social Care qualification is not considered equivalent.

Duties to include:

- to be responsible for the pre-school in the absence of the leader
- to assist the day to day operation of the pre-school, ensuring the setting meets all required legal requirements
- to support the leader in suitably equipping the Nursery to provide a high-quality, practical and welcoming learning environment
- to effectively deliver the Early Years Foundation Stage curriculum and ensure the Ofsted standards are fully met

 • to support the development and assessment of each child's progress
- to act as a key person for a number of children and ensure that they are cared
- for to the highest possible standard with regard to their individual needs. There is the possibility that more hours may become available in the future.

Experienced Teaching Assistant - KS1

Band 2 Point 11-14. £9,058.95 - £9,646.81 depending on experience 25 hours per week, Term time only. 8.55am- 3.10pm Required ASAP

You will require the following:

- · good standard of education
- level 2 in Early Years and Childcare
- good knowledge of ICT
- be committed to high achievement from pupils and themselves
- · have some experience of working with KS1 children

You are welcome and positively encouraged to visit the school.

Please email the school for an application pack at admin@peartreemead.essex.sch.uk or alternatively contact the school office on 01279 836181.

We are also looking for children to join our Pre-School, who are eligible for the free 2 year old places.

Please contact the school for an application form and more information.

Closing Date: 10th February 2015, Midnight

The Governing Body of Pear Tree Mead Academy is committed to safeguarding and promoting the welfare of children and expects all staff and volunteers to share this commitment. Appointment will be subject to satisfactory references and enhanced DBS check.

www.essexschoolsjobs.co.uk

lobs



Your **NEW** local job website harlowstar.co.uk/jobs

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Contact us to apply 01279 816455

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Please email all CV's to info@simply-teeth.co.uk 01279 815041

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Required for Stansted and surrounding areas. 07814436891

NURSERY ASSISTANT/ **NURSE**

required for a very busy children's day nursery in Takeley/Dunmow. Please e-mail cv to

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Reliable driver required for immediate start. 5am Start, 7 Days a week Good rate of pay, Own car essential

Tel: 07951 517363 or 01279 739357

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Start your search

harlowstar .co.uk/jobs

Tel: 01992 526575

Roseacres Primary School c/o Hatfield Heath Primary School, The Heath, Hatfield Heath, Bishops Stortford, Hertfordshire CM22 7EA Tel: 01279 730382 Email: victoria@hatfieldheath.essex.sch.uk

The Learning Partnership Trust Essex / Hertfordshire Border

Headteacher

Roseacres Primary School

Starting salary range L10-L18 Required September 2015, or earlier if possible The role:

We are seeking a dynamic school leader to lead the opening and growth of a new primary school. The school will open in September 2015 with three classes across four year groups and grow to become a one- form entry school of 210 pupils.

This is an exciting opportunity for either a Headteacher wanting to grow and shape a new school or a highly capable Deputy Headteacher looking for their first Headship. You will be fully supported by the Executive Headteacher in your personal development and you will be part of the Trust leadership team.

You will be actively involved in the recruitment and development of a new team of teachers and support staff. You will also have a key role in attracting parents and pupils to the school and engaging with the village community.

The organisation:

The Learning Partnership Trust is a new primary multi-academy trust established by Hatfield Heath Primary School, an Outstanding school in Essex near Bishop's Stortford and Stansted Airport. The Trust has a vision for a small family of outstanding primary schools serving local communities and is a DfE approved sponsor. The Trust has an absolute commitment to the highest standards of education based on a can-do culture of continuous improvement and innovation.

The Trust Executive Headteacher, John Clements, is a very well respected school leader and NLE with a strong track record in driving rapid and sustained improvement in other schools while also leading Hatfield Heath to Outstanding status since 2005.

To discuss this role further please contact John Clements, Executive Headteacher, on 01279 730382. To apply or get further information please visit our listing on www.essexschoolsjobs.co.uk. (Tip: use the search term Roseacres within the leadership job search.)

Closing Date: 13th February 2015, Midday Interview Date: 24th February 2015

The Trust is committed to safeauarding and promoting the welfare of children and expects all staff to share this commitment. These posts are subject to satisfactory references and enhanced DBS check.

www.essexschoolsjobs.co.uk



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*1 winner per week over ten weeks from 17th December 2014. Prize drawn from across the Local World network from all those who upload their CV to our new job website



Middleton is a successful, popular primary special school for pupils with learning difficulties, speech, language &communication needs and autism. We are well resourced in a superb building and grounds. Pupils are happy and keen to learn and we have a very dedicated, friendly staff team. Visits to the school are warmly welcomed.

We are looking to appoint the following staff:

FINANCE & DATA ADMINISTRATOR

H5 (Pro rata 0.85 of FTE=£16,191-£17,722) 37 hrs per week T.T.O. + 1 Wk

To support the SBM and efficiently manage all financial administration. Financial experience in a school environment is essential using RM Finance and SIMS. The successful candidate will be willing to study for the Certificate in School Business Management

ADMIN ASSISTANT

H4 (Pro rata 0.46 of FTE=£7,991-£8,762) 20 hrs over 5 days, T.T.O. + 1 Wk

To support the SBM and be responsible for all aspects of pupil data management, and general administration. Experience of the SIMS operating system is essential.

PLAYLEADER

H1 (£7.12 - £7.80 per hour) 10 hrs over 5 days, T.T.O.

To lead the development of pupil play skills during lunch-time. Experience of working with or caring for children in a primary school environment is essential. The successful candidate must be aware of health and safety in a school environment.

We are totally committed to safeguarding and promoting the welfare of children and young people and expect all staff and volunteers to share this commitment. All references will therefore be taken up prior to interview.

......

Applications close on 09/02/2015 and interviews and appointment as soon as possible thereafter.

Apply online @ www.hertsdirect.org/teachinherts Or for further information email admin@middleton.herts.sch.uk

BURNT MILL ACADEMY TRUST

FIRST AVENUE, HARLOW CM20 2NR Tel: 01279 300555 Fax: 01279 307234



Two HR Assistants

LGS Band 3 Point 17 - 21 depending on experience (Actual Salary - £17372 - £19742 p.a. plus £573 outer fringe allowance) Full time - 37 Hours per week - 52 weeks per year (Incl. 4 weeks paid leave plus 8 Bank Holidays)

We are seeking to appoint, highly organised, experienced staff to our HR team. The successful candidates will undertake HR and Finance duties and provide a confidential service across the Trust.

The successful candidates must have a good working knowledge of Excel, Word, SIMS Data Entry and HR systems

Visits to our Academy are very welcome.

For further details and an application form, please contact Evelyn Gardner, Associate Head Teacher's Secretary on 01279 307251 or email gardnere@burntmill.essex.sch.uk

Closing date: Monday 2nd February 2015

Burnt Mill Academy Trust is committed to safeguarding and promoting the welfare of children and young people, and expects all staff and volunteers to share this commitment.



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OfficeScape are a leading supplier of office products to business, and Harlow's 'Business of the Year', We are recruiting into all our sales teams and welcome applications from telemarketers, appointment setters and telesales professionals. We are offering exciting roles at all levels, offering attractive salary, uncapped commission and career development opportunities

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Accounts/ **Administration** Officer

We have a vacancy for an office all-rounder with the experience to handle our computerised accounting system (Pegasus Opera), take responsibility for payroll and HR, and the administration of general office facilities such as computers, insurances, telephones etc. Part of the work will involve reconciliation of invoices and orders for interior design projects and the submission of these to our clients.

Good accounts experience is essential, coupled with a conscientious approach, good communication skills and the ability to liaise at all levels.

30 hours per week with flexibility offered. Very pleasant working conditions in small friendly company in the centre of Hertford. generous hand-over period is envisaged. Salary will be dependent on experience.

Previous candidates should not re-apply.

Please send cv with details of relevant experience to hazel@trevillion.co.uk



HOWE GREEN HOUSE SCHOOL

Great Hallingbury, Bishop's Stortford Herts CM22 7UF T: (01279) 657706 F (01279) 501333

E: sally.p@howegreenhouse.essex.sch.uk W: www.howegreenhouseschool.co.uk

Independent Co-educational Day School & Nursery for 2 - 11 year olds

ENTHUSIASTIC AND INSPIRATIONAL FULL-TIME YEAR 1 CLASS TEACHER

Required from April 2015 until July 2016 to cover maternity absence.

EXPERIENCED AND CARING FULL-TIME **TEACHING ASSISTANT** FOR THE JUNIOR DEPARTMENT.

Required from 15th April 2015

Please telephone or visit our website for an application form and further details of the above posts.

Closing date for applications is midday on Monday 2nd February 2015.

Howe Green House is committed to the protection and safety of its pupils and therefore the successful candidate will be subject to a DBS Enhanced Check.

Howe Green House School is an equal opportunities employer.

Birchwood High School

Parsonage Lane, Bishop's Stortford CM23 5BD Headteacher: Dr Chris Ingate

Assistant Cook

£7.59 per hour

7.30 am to 2.30 pm Monday to Friday (Term time only, plus three days during the school holidays)

We are seeking an experienced and enthusiastic person who shares our passion for great cuisine, to join our five star rated café. Tasks include preparing cooking and serving freshly made food and other general kitchen duties. Good communication skills, a hardworking ethic and excellent time-management skills are essential.

To download an application pack please visit our website, email recruitment@birchwoodhigh.org.uk or call the school on 01279 655936.

Closing date for applications: Monday 23 February

Interviews to be held week commencing 2 March We are an equal opportunities employer and we are committed o safeguarding and promoting the welfare of our students. The successful candidate will be subject to an enhanced Disclosure & Barring Service check

www.birchwoodonline.co.uk

LUMINESCENCE

Ink Technician Luminescence International Ltd, a Harlow based ink

manufacturer, are looking for an Ink Technician to

Anglian Building Products

Experienced Window Installation teams required

Long term local contract in Watford Call Nick Fox today on **07741 314 730** Alternatively email your CV to:

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Experience with setting CNC Lathes with Fanuc Candidates must also be reliable and able to work

on own initiative.
Tel: 01992 501494 or



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Accounts/Financial Vacancies

Due to continued expansion Hills Jarrett have the following vacancies in their Sawbridgeworth office. Senior Qualified Accountant (ACCA/ACA)

- Minimum 5 vears practice experience
- Accounts preparation using Sage Line 50 and SAPA
- Good working knowledge of personal and corporation tax
- Prepare, plan and conduct client audits
- Support trainee staff
- · Client portfolio management

An excellent remuneration package is offered together with career advancement

Practice Book Keeper

- Minimum 2 years practice experience
- · Prepare clients records up to trial balance . Preparation of clients VAT and CIS returns
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- Good working knowledge of Sage Line 50

Excellent working conditions and salary are

Applicants should in the first instance email their

gwj@hillsjarrett.com

Driving Vacancies

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by **J & L Scaffolding Limited**. Based in Hoddesdon.

Some early starts required Please call 01992 46881

Sales Executive

For our new office in Harlow and also vacancies at Bishops Stortford.

01279 306159 or email rob@arenatradegroup.co.uk

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Must have a good knowledge of all vehicle repairs, and to work to a very high standard Please send CV to Paul Spalding Automotive, 4 North Place, Edinburgh Way, Harlow, Essex, CM2 2SL or email paul_spalding@btconnect.com 01279 420420



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Jobs Available Now!

3 x Customer Service Officers Weekend Admin Officers: May suit 6th

Copywriter: Full-time copywriter required on a six

month contract. Minimum 'A' Level English. May lead to full-time position.

2 x Driver/Warehouse required: Full-time 8

weekend driver/warehouse person required for store deliveries in East London & Essex.

May suit job share. **Weekend Warehouse Staff**

Packing/Quality Control Staff required

All successful applicants will be required to work any five out of seven days

To apply, please email your CV to mail@zeeandco.co.uk or in writing to
Mrs J Johnstone, Zee & Co, New Court Business

Park, Perry Road, Harlow, Essex, CM18 7NS stating which position you are applying for.

Well established business based near Sawbridgeworth, Hertfordshire is looking for a new full time member to join their telesales team. We are in the paper business and you will be required at times to visit customers. You will be expected to manage existing accounts and in time build new accounts. No experience is necessary, but you must be a motivated self-starter who is looking for a career in sales/marketing/

To apply please call 01279 600000 Email: sales@ccrpaperrolls.co.uk



Motorsales Harlow Ltd are looking for a **Experienced Service Advisor**

Applicants should have excellent customer service and comunication skills are able to demonstrate success in achieving targets and work under pressure in a busy environment.

Parts Advisor/Internet Sales Specialist Should be numerate, polite, have a good telephone

nanner, and knowledge of internet sales including e-bay Full manufacturers training track available plus on-site training.

Please contact Paula Angold on 01279 412161 in the first instance for an application pack

Closing Date for all positions: 6th February 2015 BEEN TRAVELLING?

An opportunity to join the travel industry as a Sales Consultant with a successful national tour operator based in Hertford. You must have travelled in:

Australia, Asia or Africa,

understand the destination well and be able to inspire others. Full training will be provided. For details and how to apply click the careers link on;

www.freedomdestinations.co.uk or call Andrea Fallon on 01992 514913

Freedom Destinations

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Classified Marketplace and Family Announcements Customer Services can be contacted on 03448 475026

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MAMA & Papas cot For Sale White cot with mattress. Size 67 cm x 125 cm. Good condition. Can deliver to local area (Stevenage). £35.00 01438 722303

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393209

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Accountants

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Public Notices

Trade: 01992 526666

Lost

LOST CAT

Answers to the name of Jeanie age 15 years in Abbotsweld area beige on rear paw if seen or found please call, reward given

07770109636

LOST CAT

Answers to the name of Ben aged 3 years lost in the vicinity of Barnmead, wearing a red and white collar, all black, stocky build, if seen or found please call, reward given.

07770109636

LOST CAT

Answers to the name of zie aged 15 years lost in ttsweld Area, light tortoise shell has beige marking on back paws, please contact if seen or found, rewards given

07770109636

LOST CAT

Answers to the name of baby lost in the vicinity of 116 Hollyfield black slim to medium build, micro chipped if seen o

07770109636

Pets Lost & Found

MISSING GINGER & WHITE MALE CAT



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Planning Notices

UNDER Section 56. Housing Act 2004

PUBLIC NOTICE **Designation of an Area for Additional Licensing**

Harlow District Council ("the Council"), Civic Centre, The Water Gardens, Harlow, Essex, CM20 1WG, in exercise of its powers under Section 56 of the Housing Act 2004 ("the Act") has on the 18th December 2014 designated all land in the Council's administrative district as subject to Additional Licensing for the purposes of that section.

The Designation shall come into force on 15th April 2015 and shall cease to have effect on 14th April 2020. Under Section 58 of the Act, this designation falls within a description of designations for which the Secretary of State has issued general approval dated 30 March 2010. This means that following a minimum of 10 weeks consultation with persons who are likely to be affected, every local housing authority in England has the Secretary of State's general approval to designate an area as subject to Additional Licensing.

This designation shall apply to all Houses in Multiple Occupation (HMO's) as defined by Section 254 of the Act which includes flats in multiple occupation in purpose built blocks or converted buildings that are not required to be licensed as a whole.

The proposed scheme includes all Houses in Multiple Occupation (HMO's) in the designated area that are not already subject to Mandatory Licensing (or exempted by the relevant sections of the Housing Act 2004). with the exception of premises which comply with an approved Codes of Practice.

Further, with regard to HMO's that meet the definition contained in section 257 of the same Act, this Designation shall not apply except in the case of those that are mainly or wholly tenanted, including those with resident landlords, or where a significant proportion of owner occupied flats have been let by the owners.

The Council may be contacted at

Civic Centre

The Water Gardens

Harlow CM20 1WG

Tel. 01279 446655 email contact@harlow.gov.uk

Where the designation may be inspected; and where applications for licences and general advice may be obtained.

Any landlord, person managing or tenant within the designated area is advised to seek advice from the Council on whether their property is affected by the designation

Failure to license an HMO is a criminal offence for which an owner can be prosecuted and can be fined up to £20,000. In the Council can in certain cases make a Management Order and take over the management of the property. The owner will not have access to the property and the rent will be collected by the Council.

Where owners have been back any rent they have paid to the least to the landlord whilst the property was not licensed.





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Planning Notices

TOWN AND COUNTRY PLANNING ACT 1990 PLANNING (LISTED BUILDINGS AND CONSERVATION AREAS) ACT 1990 Planning (Listed Buildings and servation Areas) Regulations 1990 **Town and Country Planning**

(Development Plans and Consultation) Directions 1992

PUBLIC NOTICE OF APPLICATIONS

The following applications have been received by Harlow District Council. These applications and others received can be inspected at Harlow Council Planning Services, Civic Centre. The Water Gardens, Harlow, Essex CM20 1WG on Monday-Friday, 9am-4.45pm. If you are unable to view the plans during these times please telephone Planning Services on 01279 446856 where a suitable appointment can be made with the relevant case officer.

Anyone who wishes to make representations about these applications should write to the Council at the above address within 21 days of the date of this notice.

Application Type Location Proposal

HWTTP/15/10003 Ward: Mark Hall Tree Works in Conservation Area 46 The Lawn, Harlow, CM20 2JX

Yew: Crown reduce by 2m to alleviate damp within the flats.

Application No Application Type Location

Proposal

Reason for Advert Tree Works within a Conservation Area HW/PL/15/00020 Ward: Toddbrook Full Planning Permission

> 32A Terminus Street, Harlow, CM20 1EY Change of use of ground floor to form

> cafe/coffee shop Alterations to shop frontages to amend existing nightclub entrance. Harlow

Reason for Advert Local Public Interest

Make a **Speedy Sale** with **ZERO COMMISSION**

HARLOW DISTRICT COUNCIL TENDER FOR MOT AND COMPLIANCE **TESTING OF HACKNEY CARRIAGES** AND PRIVATE HIRE VEHICLES

In accordance with the provisions of the Local Government (Miscellaneous Provisions) Act 1976 Harlow Council, being the Licensing Authority, is inviting tenders from suitably qualified and experienced garages, situated within the district of Harlow, who wish to bid for a contract for the MOT and Compliance testing of Hackney Carriages and Private Hire Vehicles.

The contract shall have a duration of twelve months commencing on 25 April 2015. The Council may, at its sole discretion, extend the contract on annual basis for an aggregate period not exceeding thirty-six months.

Tender Documents will be available from 6 February 2015.

Organisations interested in receiving a set of Tender documents should register on the Council's e-tendering portal www.MyTenders.org as a Supplier to download a complete set of the Tender Documents. Alternatively Organisations may e-mail

organisations may e-mail intended in the inten 13 March 2015

the teater for the law

BASIL LOUIS FIELD

BASIL LOUIS FIELD (Deceased)
(Deceased)
Pursuant to the Trustee Act 1925 any persons having a claim against or an interest in the Estate of the aforementioned deceased, late of 15 Old Road Old Harlow Essex CM17
OHB who died on 02/12/2014, are required to send particulars thereof in writing to the undersigned Solicitors on or before 10/04/2015, after which date the Estate will be distributed having regard only to claims and interests of which they have had notice. which they have had notice. HARRIS CUFFARO & NICHOLS

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female

seeking

EILEEN blonde blue eyed attractive size 10-12, tanned, loves to get dressed up but nowhere to go, looking for similar lonely genuine male to take me out. Tel No: 0906 500 3656 Box No: 406371

SOPHIA young 40yrs, married but bored, seeks discreet adult fun, any area, all calls answered. Tel No: 0905 002 1880 Box No: 413399

MANDY 18 inexperienced, very pretty, great figure, seeks male 30 plus who will treat me like a lady but also show me adult fun times. Status, race, looks unimportant. Tel No: 9906 500 3656 Box No: 406101

ADVENTUROUS sexy lady, 38yrs, married but seeks no strings fun with discreet man, any age. I'm tall, slim and dominant. Aca. Tel No: 0905 002 1934 Box No: 415301

BEV very attractive female who loves cosy night in, travel, cooking seeks caring warm hearted man who can put the spark back into my life. Tel No: 0906 500 3656 Box No: 406093 ANNE, mid 40's, cheerful busty

cuvy affectionate real woman! Seeks gent, any age or looks for nights at mine. Tel No: 0905 002 1950 Box No: 410291

TALL sexy, intelligent lady, GSOH, 50's, looking for LTR with genuine, old fashioned gent. Tel No: 0906 500 3656 Box No: 405775 🖞 DISCREET lady, 42yrs wants to

make you happy, come to me and let me do that for you. ACA. Tel No: 0905 002 1954 Box No: 409901 ATTRACTIVE young looking widow, 65, likes most things, seeks nice gent 60-70 for friend-ship and more. Tel No: 0906 500 3656 Box No: 406133

ALISON, 27 busty, shapely lady seeks fun only with broad minded man. Aca. Tel No: 0905 002 1958 Box No: 416073

DEBBIE 51, own flat/car, 5ft 7ins, slim, brown hair, new to area, seeks kind, gentle, thoughfull man up to 52. Tel No: 0906 500 3656 Box No: 406189

JANET, 36yrs Scottish lady, too shy to go out but loves to chat

from home. Will answer all texts.

Text Only Mailbox Box No:
4627442

JULIE blonde petite nurse loves holidaying, socialising, horses, WLTM happy man who fancies taking a chance on me, I promise you'll be glad you did. Tel No: 0906 500 3656 Box No:

MELANIE, sophisticated solvent brunette witm working man of any age, im 32yrs. Text Only Mailbox Box No: 4627443

WIDOWED lady 68, 5ft 4ins, average build, fair hair, WLTM man, 60-70 for friendship. Southend on Sea. Tel No: 0906 500 3656 Box No: 369289

unimportant. Im 43yrs blonde and petite. Text Only Mailbox Box No: 4627444

No: 4627444 g CLAUDIA affectionate loving 29yr old sensual female who en-joys keeping active seeking pro-fessional male up to 50yrs for discreet adult 1-2-1. Tel No: 0906 500 3656 Box No: 405807 @

PAMELA, married to boring man! Text only for fun phone frolics.

Text Only Mailbox Box No:
4624149

WIDOW 70, honest, sincere, car dening, walks, days out, seeks male. Southend. Tel No: 0906 500 3656 Box No: 405999

You should be strong minded and seeking fun. Text Only Mailbox Box No: 4627445

MARIE voluptuous female look-ing for discreet naughty guy to help me get back into shape and enjoy adult fun along the way. What are you waiting for call me. Tel No: 9906 500 3656 Box No: 405285 SUSIE bubbly blonde looking for

fun. Age/looks unimportant but must have a sense of adventure. Can travel and accommodate. Text Only Mailbox Box No: 4624145

ELAINE very attractive lady with great personality and very interests looking to live life to the full with similar mature flexible friend. Tel No: 0906 500 3656 Box No: 405289

PHILLIPA 22yrs just left boarding school, hoping to meet experienced working class man for real life fun. Text Only Mailbox Box Nov 4664147 M No: 4624147 41YR old divorced with two daughters, blue eyes, brown hair,

kind, loving, loyal, looking for Mr Right. Tel No: 0906 500 3656 Box No: 374937 SLIM brunette 36yrs hoping to meet older gent for friendship, fun, maybe more. Text Only Mailbox Box No: 4624146

JULIA 45, many interests, looking for friendship, maybe more. Tel No: 0906 500 3656 Box No: 405777

PAMMY 42yrs, recently divorced and fancies becoming a "cougar".

Text Only Mailbox Box No: 4624148

STELLA strict, mature lady, seeks gent for mutually rewarding times. Tel No: 0906 500 3656 Box No: 405571 RARE that's me. 48, honest, car-

ing, respectful, caring N/S lady, blonde, attractive, size 16-18, seeks true, romantic gent for friendship, maybe more. Tel No: 0906 500 3656 Box No: 403325 ATTRACTIVE blonde, bubbly, curvy lady, 40's, looking for true, N/S gent with GSOH, family type for LTR. Tel No: 0906 500 3656 Box No: 405661 €

LOOKING for Knight on Bike. Hippy Goth Rock chick 52 into heavy rock, black metal, country, bike rallies and more, looking for male with similar interests. Tel No: 0906 500 3656 Box No:

ATTRACTIVE black lady, 29, size 12, curvy, seeks professional white man, 29-40 for serious relationship, maybe more. Tel No: 0906 500 3656 Box No: 383205

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LINDY, new to area, hoping to meet kind many of any age, looks KAREN 50yrs tall, slim, attractive, loves sport, seeking similar tive, loves sport, seeking similar aged male. Tel No: 0906 500 3656 Box No: 405045

YOUNG looking Essex lady, 60's, likes meals out, country pubs, boot sales, most things, seeking someone nice, 64-70, genuine for friendship, maybe more. Tel No: 0906 500 3656 Box No: 404811

HONEST sincere caring lady, 40's, looking for over 40yrs N/S romantic honest sincere gentle-man with GOSH for friendship, possible LTR. Tel No: 0906 500 3656 Box No: 371809

CLARE 51, 5ft 2ins, bubbly, honest, good heart, likes days out, looking for someone 45-55. Tel No: 0906 500 3656 Box No: 404003

MARIE petite young looking 60's brunette, friendly, loving, enjoys gardening, cooking, more, WLTM N/S reliable, trustworthy male 63-70 with GSOH, OHAC, for relationship. Tel No: 9906 500 3656 Box No: 404395

EILEEN 64. semi retired, GSOH. seeking kind, genuine, thoughtful male for fun and friendship. **Tel** No: 0906 500 3656 Box No: 403843

LINDA 55, quiet medium build WLTM genuine, caring male 55-60 for friendship. Tel No: 0906 500 3656 Box No: 404227

ATTRACTIVE slim lady early 60's, N/S, GSOH, likes music, walks, cinema, looking to meet nice gent for LTR and friendship. Tel No: 0906 500 3656 Box No: 404193 ft 404193

ROSEMARY 48vrs. white, brown hair/eyes, 5ft 3ins, seeking under standing, caring, romantic, gen-uine N/S male 49-63, car owner for friendship maybe more. Tel No: 0906 500 3656 Box No:

male

seekina

CHRISTIAN man, young 57, 5ft 11ins, N/S, likes restaurants, theatre, travel, seeks slim-medium build feminine female for friend ship, maybe more, Tel No: 0906 500 3656 Box No: 406493

MATTHEW, 43 widower, business manager, solvent,

YOUNG 70's East London gent seeks lady up to 75, any nationality up to 75 for meals out, quiet drinks, close friendship, maybe more. Tel No: 0906 500 3656 Box No: 406443

MARK single dad, 5ft 6ins, brown hair/eyes, seeking fun loving lady for relationship. Tel No: 0906 500 3656 Box No: 406293

LANDSCAPE builder, fit, funny, down to earth, seeks fit female, black/white or Asian. Tel No: 0906 500 3656 Box No: 406267

GENUINE male, 39, likes nights in/out, walks, travel, seeks female, 39-50, looks/size unimportant. Tel No: 0906 500 3656 Box

ATTRACTIVE white male, good build, 38, seeks slim female, 25-45 for LTR. Tel No: 0906 500 3656 Box No: 392895



GOOD looking male, 45, 5ft 8ins, intelligent, articulate, funny, GSOH, seeks attractive lady with GSOH and in pretty good shape. Tel No: 0906 500 3656 Box No: 406179

NICE Essex gent, 65, 5ft 9ins, N/S, GSOH, likes animals, travel, seeks slim, warm lady for dates and company. Tel No: 0906 500 3656 Box No: 394548

MALE 66, young looking, enjoys gym, seeks lady, 54-68 for lasting relationship. Tel No: 0906 500 3656 Box No: 405987

32YR old male, 6ft 2ins, baby blue eyes, slim, smoker, seeks mature female, 40-50. Tel No: 0906 500 3656 Box No: 405977

MALE 56, medium build, honest MALE 56, medium build, nonest, caring, easy going, hardworking, OHAC, seeks honest, caring female for loving relationship. Tel No: 0906 500 3656 Box No: 405935

TOY boy 39, attractive, intelligent caring, patient, seeks lady, any age/looks for rewarding times. Essex/Brentwood. Tel No: 0906 500 3656 Box No: 399129

JEFFERY white male, 54, likes meals out, nights in, cinema travel, seeks sincere, genuine lady for sincere 1-2-1 relationship. Tel No: 0906 500 3656 Box No: 396573

CHRIS 50, medium build, brown hair/eyes, glasses, many inter-ests, seeks petite-medium build, N/S lady, 50 plus. Tel No: 0906 500 3656 Box No: 390718

EASY going active, genuine, trustworthy, N/S late 60's male, varied interests, seeks warm, positive, slender Essex lady for companionship plus. Tel No: 0906 500 3656 Box No: 405851

DOMINIC 40, 5ft 8ins, medium build, blue eyes, brown hair, gen-uine, warm hearted, many interests. seeks medium/large female for r friendship, maybe more, Tel No: 0906 500 3656 Box No: 405839

SINGLE Harlow male, 52, GSOH, medium build, seeks female, 45-60 for fun, romance and LTR. Tel No: 0906 500 3656 Box No: 405541

MARTIN young 50, 6ft, sports coach, GSOH, likes nights in/out, seeks female. Tel No: 0906 500 3656 Box No: 373471

SUCCESSFUL businessman, seeks passionate larger lady to be wined/dined and treated to exotic holidays abroad. Tel No: 0906 500 3656 Box No: 403783

ATTRACTIVE male, 44, slim, smart, own business, seeks slim, attractive lady for friendship. Tel No: 0906 500 3656 Box No: 390482

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In **brief**

Harlow dent

Saffron Walden fifths' promotion hopes with a point in a thrilling 3-3 draw at Leventhorpe School on Saturday.

The result left Harlow eighth in the 12-team Division Six South East of the East Men's Hockey League. The first half was evenly

contested, and saw Harlow go 2-1 up before the half-time whistle thanks to goals from Andrew

Boughtwood and Adam Ottley.
The second half carried on with the same momentum from the first, but saw the away side take the lead after scoring two goals following some good play. Harlow didn't stay behind for

too long as Boughtwood netted his second of the game with a penalty corner

Both sides pushed on for a winner.

And the away team would have managed this were it not for some last-ditch defending and some excellent saves from goalie Castillo

Harlow came close themselves in the last 10 minutes after they were awarded a penalty flick, but failed to take advantage as the flick was easily saved by the Walden keeper: HARLOW: Castillo, Krzoska,

Cox, Gorringe, Mace, Johnson, R. Boughtwood, Hagger, Munro A Boughtwood, Ottley. Sub: Light

Unbeaten run of Foxes falls

DARTS: The first matches in the second half of the Harlow Premier Darts League season saw Tye Green Foxes lose their unbeaten record with a 6-2 loss at home to current champions White Admiral.

Luke Arber and Andy Booth notched 180s for the Admiral.

Meanwhile, Sawbridgeworth Brewery beat Paringdon Social 5-3. Jason Phillips (Sawbo) struck his eighth 180 for the season.

He now has five 180s in front of

his nearest challengers, Paul Squirrell (Colt Hatch) and Luke Arber (White Admiral).

Frankie Byrne hit a 180 for Paringdon Social.

Other results:- Green Link 2, Moot House 6; Golden Swift 1, Tye Green Pirates 7; Paringdon Lions 3, Colt Hatch Social 5 (Paul Squirrell 180).

Football results

ESSEX PREMIER CUP: Maiden 4 (Anthony James, Carl Smith, Mark Watters, Sam Crichton), Essex Royals 0. ESSEX JUNIOR CUP: Parsloe 4 (Gavin Cockman, Adam Dangerfield, Jamie Baker, Dean Perrett), Wickford Wanderers 3. HARLOW & DISTRICT LEAGUE, PREM DIV-FC Clark 1 (Ben Crichton), FC Cincuenta 4 (Ricky Cook, Ross Oakley, James Thomas, Harrison Tweddell).

DIV ONE: FC Flare 1 (Terry Samuels). Old Town Res 1 (Ash Conlan), Harberts 2, Galatticos 7 (Liam Fitch 3, Jain Ward 2, Christian Browne 2); Harlow Mapletivo 1, Seen FC 1 (Claran Sears).

DIV TWO CUP, SEMI-FINAL: Risden Wood Res 0, Ashfield Albion 3 (Martin Walters 3).

DIV TWO CUP, SEMI-FINAL: Risden Wood Res O, Ashfield Albion 3 (Marin Walters 3). DIV TWO: Parndon Royals 2, Harberts Res 3). DIV TWO: Parndon Royals 2, Harberts Res 3). DIV THREE CUP, SEMI-FINAL: Maypole Sports 3 (Matt Somersby, Bogdan Stanica, GO), Coppice Row 2; Newtown Rngs 5 (Tony Barnett, Mark Bellworthy, Ryan Parker, Tony Barnett, Mark Bellworthy, Ryan Parker, Gormon 5 (James Eggleton 2, Dan Wallis 2, Lewis Kember), Harberts (A) 1; Joga Bonito 4 (Olip Durban, Dan Little, Matt Little, Stacey Robson), A&A 4.

LEAGUE CUP: Grove & Hove 0, Risden Wood (A) 2 (Paul Hitchen, Jamie Stock).
 DIV FOUR: Langley 5 (Joe Flintham, Carl Gregory, Sean Mcaulay, Lee New, Lewis Wal-ters), Barretts Rangers 0; Rileys Rangers 2 (Rowan Dixon, Chay Homan), Newtown Rngs Res 1

Walden charge HOCKEY: Harlow dented Saffron Walden fifths' promotion Double leg break blow rules out Holloway

Match held up for 50 minutes as Hawks are beaten

Alan Scott

reports from Ship Lane

Ryman North

PLAYERS and Hawks boss Danny Chapman paid tribute to

Sam Holloway after his shock ing double leg fracture in the 2-1 loss at Thurrock.

Holloway underwent surgery at the weekend and was discharged from Basildon Hospital on Tues

day.
Chapman was quick to absolve blame from Thurrock player James Goode who accidentally swept away Holloway's trailing leg, causing the double break in the 41st minute.

The game was held up for nearly an hour before the player was taken by ambulance to Basildon Hospital.

Team-mate Junior Appiah tweeted on Sunday: "Disappointed we didn't get the points for Sam last night but we're glad to hear the op went well and wish him a speedy recovery."

Club secretary Ray Dyer said

on Monday: "It [the operation] went well, he has had a metal bar put in between his knee and ankle with bolts at both ends. Will be out of hospital on Wednesday.'

Freak tackle

Hawks boss Danny Chapman said: "It was one of those tackles. The fellow from Thurrock caught his trailing leg. I don't think there was any malice in it. It was one of those freak tackles."

Chapman named new central

defensive signing Marc Gordell in the starting XI.

Gordell joined from Ryman North rivals Burnham Ramblers earlier in the week and impressed on his debut.

Holloway, playing against one of his old clubs, was moved to midfield in a fateful switch.



SAD DAY: Sam Holloway (far right) in action the week before his horrific injury

After dominating the opening 15 minutes without creating any chances, the Hawks took the lead through Leon Antoine.

Alex Read teed up Antoine on the edge of the six-yard box, and the big man used his strength to power home.

After Hawks skipper and keep er Ed Thompson brilliantly saved Joe Christou's effort, Read missed what would prove to be a crucial

chance.
Read only had keeper Andy

Walker from eight yards but shot

straight at the keeper.

Harlow rued this when Thurrock equalised on 38 minutes. Robbie Farrell fired in a rebound after Thompson punched away Christou's curling strike.

After the long delay, the game resumed, with James Smith coming on for Holloway, making his first appearance after three weeks out injured.

On the stroke of half-time, Thurrock took the lead when Far-

rell scored his second. A deep right-wing cross to the far post saw some statuesque defending, which allowed the Fleet marksman to flick in from barely a yard out at the far post.
Smith was outstanding in the

second half, and how Harlow have missed his surging runs.

Shane Stamp fluffed an easy chance, while Walker made an outstanding double save from Read and then Jared Small on 75 minutes as Harlow pushed on in

vain in search of an equaliser. Chapman added: "I just felt we gave away poor goals. I don't think we played badly.

"Sam's last words before he went in the ambulance were 'make sure you win the game'. We felt more upset we did not win it

HARLOW TN: Thompson, Glasgow, Eadie, Urquhart, Gorbell, Simms, Small, Holloway (Smith 41), Read, Antoine (Dadson 58), Stamp (Appiah 77).

Siblings move up English ranks

BATTS siblings Casev and Alana Mansfield are rapidly moving up the English table tennis rankings in their respective age groups

Burnt Mill Academy student Casey is now 63rd in the U13 boys, while Freshwaters pupil Alana is ranked No.57 for U13 girls, despite only being ten.

By next season both are hoping to be in the top 25 in the

The Harlow duo (pictured right) will compete in the finals of the 2015 English Butterfly Schools' Individual Table Tennis Championships.

They will join more than 300 players representing 50 counties at the Tipton Table Tennis Centre, Tipton, West Midlands on Saturday April 25.



The competition will see table tennis players, boys and girls, compete at U11, U13, U16 and U19

school pupils are eligible to enter players in the county rounds in

order to qualify for these finals. This is the largest one-day junior event in the table tennis

calendar in England.

Both siblings qualified for the national finals last year at The

Dome, Doncaster. Casey and Alana are part of the Talent Development Squad at

Old Harlow-based BATTS, one of the top table tennis clubs in the country, where they train minimum 10 hours a week. Since 2012 Casey and Alana

have taken part in many tournaments and have a collection of medals and trophies

"Both their schools, Neil Brierley at BATTS table tennis and their parents are extremely proud of their success " said their mother Lynne Mansfield.

Memorial game held

THE Young Rams went to Upper Clapton on Sunday to play in a memorial match for Stacey Teather who passed away 12 months ago.

The match ended in a 17-7 victory for the Thornwood

Common team. Ral Onyema got the Harlow try, which Alfie Clark converted. Harlow's U12 team secured an impressive 35-20 home victory against Chingford.

Harlow started well with Sidney Ward and Michael Donovan scoring early tries

Chingford fought back with two tries but then Harlow turned the pressure on and further tries by Olly Marshall, followed by a second for Ward and two more for Donovan sealed a convincing

There were a series of minis (U7) matches played last weekend.

Harlow A defeated Chingford B 6-2 with Jack Rowlandson grabbing all six tries.

Harlow B lost 6-5 to Chingford

A. Tommy Barrett and Will Forde were among the Rams' try scorers.

Harlow A then lost 4-2 against Chingford A.

Jack Rowlandson bagged both of Harlow's tries.

Harlow B drew 5-5 with Chingford B. Rams' scorers included Tommy Barrett, Connie Peachey and Will Forde. Rams' U9s played a series of

matches against old adversaries Wanstead.

Harlow lost 8-7 in the first

Speedway



Rockets rely on Robin to ignite 2015 season

Swede drafted in to replace Nelson after visa issues

by Andrew Franczak

andrew.franczak@hertsessexnews.co.uk

HAVING finished bottom of the Premier League table last season Rye House Rockets team manager John Sampford will be hoping for fewer trials and tribulations in the 2015 campaign. However, with the tapes still a

couple of months away from going up, the team has already hit prob-

Rockets were quick to enlist the services of Swedish rider Robin Aspegren after Australian Tyson the original starting line-up, was denied a work visa.

Tyson, who has previously sat out the 2012 and 2014 British seasons with visa issues, recently impressed with a seventh place finish in the Australian National

Championship series.

He is still an exciting prospect at just 21, but it now remains to be seen when he will have the opportunity to display his no-fear riding style in this country again.

"Len [Silver, the Rockets promoter] got an email from Tyson's grandfather saying the visa had been denied again," Sampford. "It was p

appealing and we knew we had to find another rider straight away. "Aspegren's an experienced

rider and he should prove a good acquisition."

The 25-year-old was last in Great Britain as a Berwick Bandit, and has also seen action with Newport and Elite League Swin-

He will come in on an average of 6.39, which is actually higher than Nelson's 6.16, but still brings the team in below the 42.50 limit - but

only just, at 42.49
The re-declared line-up has received approval from the BSPA and is the closest the Rockets have

ever been to the 42.50 points limit, the whole seven adding up to

Adjust

"We're hoping our new signings can hit the ground running," added Sampford. "It will take a little while for them to adjust because the tracks here are dif-ferent to those abroad, and also get used to the idiosyncrasies of

the Rye House circuit."

Rockets promoter Len Silver said: "I am very excited by the inclusion of Robin Aspegren in

"Both Ty and myself were com-

pletely devastated when we got the news of another refused visa.

"As soon as I had got over the shock of the news, work started on finding a replacement and when I discovered Robin was available did not hesitate to contact him."

Looking ahead to their opening fixture against Ipswich Witches in the League Cup on March 21, Sampford said: "The Witches always put together a strong side – much the same as all the teams in the Premier League.

"I believe this is the strongest of the three leagues [Elite, Premier and Nationall and the most com-

A whirlwind start for Rye House riders

RYE House Rockets will face a rapid test of their credentials for the 2015 speedway season as they go straight into League Cup action against Ipswich Witches in Hoddesdon on March 21. That opening night fixture is

quickly followed by three more matches in the same competition, with the Rockets facing the Witches again – this time at Foxhall Heath – the following Thursday March 26 and remaining on the road for a trip to Peterborough the following night.
The East of England

Showground holds positive memories for Rockets fans as the location of their sole away victory in 2014 in an otherwise forgettable season as they finished bottom of the Premier

Then on Saturday March 28 they host Somerset, who missed out on last season's Premier League championship in a 96-95 play-off heartbreaker against Edinburgh.
April, meanwhile, will include

home clashes against Peterborough (Easter Monday) and Plymouth to round off the Rockets' League Cup group matches, plus the first league matches, pink the first reague matches of the year, against Sheffield (home, April 18), the Panthers (away, April 26) and Redcar (away, April 30). May brings up the Knockout

Cup and a first round tie against Workington, with the month also highlighted by league visits from Somerset and Berwick.

Rockets fans will have to wait patiently until Saturday August 8 to see defending Premier League, Knockout Cup and League Cup winners Edinburgh in town, with the Rockets having already reciprocated with a trip to Armadale as part of a main northern tour that also takes in Berwick and Newcastle on consecutive nights in July. Rye House will once again

stage the National League Riders' Championship, which will return to its traditional Saturday night slot on September 26. The Hoddesdon circuit will

also play host to a round of the British Youth Championship, which will take place on Sunday July 26 (2pm start).

All Saturday home fixtures start at 7pm, with Sunday and Bank Holiday Monday meetings scheduled to commence at 2pm.

D-Day looms

A CRUNCH promotion decider awaits Harlow Ladies seconds next weekend, who are back to the top of the Essex Hockey League Division Four table after a cracking 5-0 win at seventh-

placed Havering fourths.

Harlow will host second-placed
Chelmsford fifths on Saturday.

Captain Sarah Donaghey, Tamami Ninomiya, Tracy Taylor, Taniska Naidoo and player of the match Lara Horrax completed the rout at Havering.

In the Premier Division, Harlow lost 1-0 at home to

Fixtures

SATURDAY JANUARY 31 RYMAN NORTH: Harlow Town v Heybridge

Rugby RFU LONDON & SE, DIV THREE NORTH EAST: Old Brentwoods v Harlow.

Gardiner digs out veteran victory with top race time

Running

JULIA GARDINER recorded a magnificent victory in the 35+ age group when Harlow Running Club competed in the penultimate East Herts and West Essex Cross Country League

Held over a muddy 4.5 mile course at Saffron Walden, Gardiner finished in an excellent third place out of 75 women

She was followed home by Sharon Wright (15th), Vicky Steadman (20th), Janice Page (28th), Debbie Barry (38th), Karen Moir (41st), Holly Nairn (42nd), Michelle Aitken (46th), Louise Kedge (50th) Debbie Smith (51st) and Jane Evans

In the men's race, Rob Lowe finished in a superb seventh place out of 114 finishers and

was first veteran 40. He was followed by Jamie Jephcott (18th), Peter Brewin (19th), Darren Coates (45th), Andy Terrell (47th), Adrian Fell (54th), John Bull (60th), Brendon Maclean (62nd), Pasquale Pellecchia (65th and 1st Vet 60), Andy Ramage (67th), Sean Flynn (69th), John Tennant (70th and 2nd Vet 60), Alan Cootes (74th and 3rd Vet 60), Graham Saville (79th), Martin McColgan (84th), Richard Smith (89th), Robin Lozeau (96th) and Ron Newton (104th).

Ware Joggers won the women's race, with Hoddesdon Stortford RC third, Harlow RC fourth and Saffron Walden Striders fifth.

The men's team winners were Hoddesdon Tri with Ware Joggers second, Bishop's Stortford RC third, Saffron Walden Striders fourth and Harlow fifth.

Ware won overall, with Hoddesdon second and Stortford third. Harlow were joint last.

After three races Ware lead the league with 15 points followed by Stortford on 11, Hoddesdon on nine, Harlow and the Striders on five points.

Meanwhile, Andy Kinney completed another double marathon weekend finishing the Viking Coastal Winter Marathon

Run partly on a sea defence wall at Birchington near Margate in Kent, Kinney finished the first day in 80th place out of 104 finishers in 5hr 5min 7sec and the second day in 66th place out of 95 in 5hr 4min

At the Gunpowder parkrun 5K at Waltham Abbey, 70-year-old Jim Bates once again ran a personal best (PB) time for the distance and improved the HRC Vet 70 record. He was 33rd out of 107

finishers and was first veteran 70 in a fantastic 24:10.

John Bull was first Harlow finisher in 19th place in 22:15, followed by Robin Lozeau (26th in 23:39), Graham Saville 27th in

23:46, Alan Wellbelove 70th in 27:56 (PB) and Richard Smith 91st in 32:001.
At the Harlow parkrun 5K,

Frank Pardoe was 14th out of 134 in 22:52. He was followed home by Paul Dixon (24th in 24:44), Michelle Aitken (49th in 28:11) and Pushpa Mistry (77th in 31:51).
At the Great Notley parkrun

5K at Braintree, Jamie Jephcott was third out of 86 finishers in 19.41

At the Bedfont Lakes Parkrun 5K near Ashford, Middlesex, Richard Solomons was 14th out of 149 finishers and first veteran

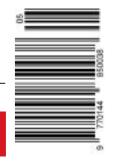
60 in 22:21. At the Panshanger parkrun 5K at Hertford, Sean Flynn was 55th out of 240 finishers in 23:58.

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Siblings move up **English** table tennis

Rockets rely on Robin to ignite 2015 season Page **55**



BOSS' CENTRA RESERVATIONS

Injury compounds shortage of centre-halves



HAWKS boss Danny Chapman is set to step up his hunt for a central defender following the horrific injury to Sam Holloway at the weekend.

Holloway was discharged from hospital on Tuesday after his double break in the defeat at Thurrock, following an operation to have a rod inserted in his right

leg.
The Harlow Town manager (pictured right) was already low on centre-halves, even before Holloway's injury.

He had moved Holloway into central midfield for this game, but says he has options there even though a knee medial ligament injury is set to keep out John Glowacki until March

$Good\ spirits$

"Me, Ryan [Jessey] and Spencer [Knight] went to see Sam on Monday. He was in good spirits, we expected him to be a little bit low.
"We knew he could play

as a defensive midfielder We are not too bad off in [midfield]. But we will be short at centre-half."

With Needham Market losing 3-1 at Dereham on Tuesday, Hawks remain three points clear at the top although the Suffolk team have two games in hand.

Chapman says there will be plenty more twists and turns until the end of the season, as he gets his Hawks ready for Saturday's home match against bogey side

Heybridge Swifts

We have got 14 games left eight are at home and six are away. Needham have 16 games left, six are at home and ten are away, said Chapman.

"There's a lot more twists to come. Needham are away to Tilbury [on Tuesday] and that's a banana skin of a game

"All we can do is win our

games."
Midfielders Dave Cowley and Billy Jones return for Saturday's match after serving three-match bans. Striker Leon Antoine is set

to face his old club. James Smith, who was exceptional after coming off the bench against Thur-rock, could start.

Chapman believes former Brighton & Hove Albion player Smith will be a crucial player once he gets fully match fit.

"He's the most gifted player in the division and the division above as well," beamed Chapman. "We need to get him back to the fitness levels he was at before [his injury]."

There have been plenty of changes at Heybridge with former Barnet and Bishop's Stortford striker Cliff Akurang taking over as boss.

He has brought in several new players and sparked an upturn in their form. Chapman said: "They are

a completely different side now, but they are scrapping against relegation.

"They are not going to lay down. It will be a difficult game. We are unbeaten at home this season and we want to make sure that con-





Crusaders coming for

LEOPARDS face a key game on Saturday evening as they host a Kent Crusaders side likely to contain Harlow's Josh Steel at the Leisurezone.

With the Big Cats going down 82-73 at Team Northumbria last Saturday, Crusaders now have the best percentage record in Division One.

Ahead of Saturday's game (tip-off 7.30pm), Leopards remain in second place with nine wins from 11 games.

Under former Leopards assistant coach Lloyd Gardner, the young Kent side have three former Big Cats – Bradley Wilkinson, Steel and Duane Orija – who helped the club win the treble in 2012, and the game will be vital to both team's title

hopes.

Tickets for Saturday's game can be purchased on the night or through www.leopardsbasket ball.co.uk

The Big Cats came up just short in Newcastle on Saturday in their second league loss of the season.

They were tied at 65 with five minutes remaining and only 72-70 down with 2:17 on the clock, but a couple of turnovers down the stretch proved costly for

"Poor first and third quarters put us in a difficult position," admitted assistant coach Roger Malpass who, alongside veteran guard Ronnie Baker, coached the team in the absence of the unavailable Robert Youngblood

"Determined efforts from Albert [Margai], Dave [Ajumobi] and Courtney [van Beest], along with some excellent defence from Matic [Zupanc] in the second half, enabled us to get back into it."

Malpass added: "At 72-70 down, poor decisions and two turnovers were compounded by fouls on the resulting plays, which cost us."

Ajumobi led the way for the

Big Cats with 27 points



The Harlow Arena Elizabeth Way, Harlow, CM195BE www.harlowtownfootballclub.co.uk Would You Like To Join The Successful Harlow Town Football Club Academy.

Trials Will Be Held For School Leavers To Join The Academy Full Time From Next Season: Date: Friday 30th January 2015 | Time: 7pm - 9pm Venue: State Of The Art 3G Playing Surface at The Harlow Arena.

For More Information please Contact Ryan Jessey On ryan@theharlowarena.co.uk or call 01279 443196

